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JEREMY'S STORY

"I run a pretty tight ship" p122

BBQ KOFTE WITH WHIPPED FETA AND TAHINI SLAW

See page 46

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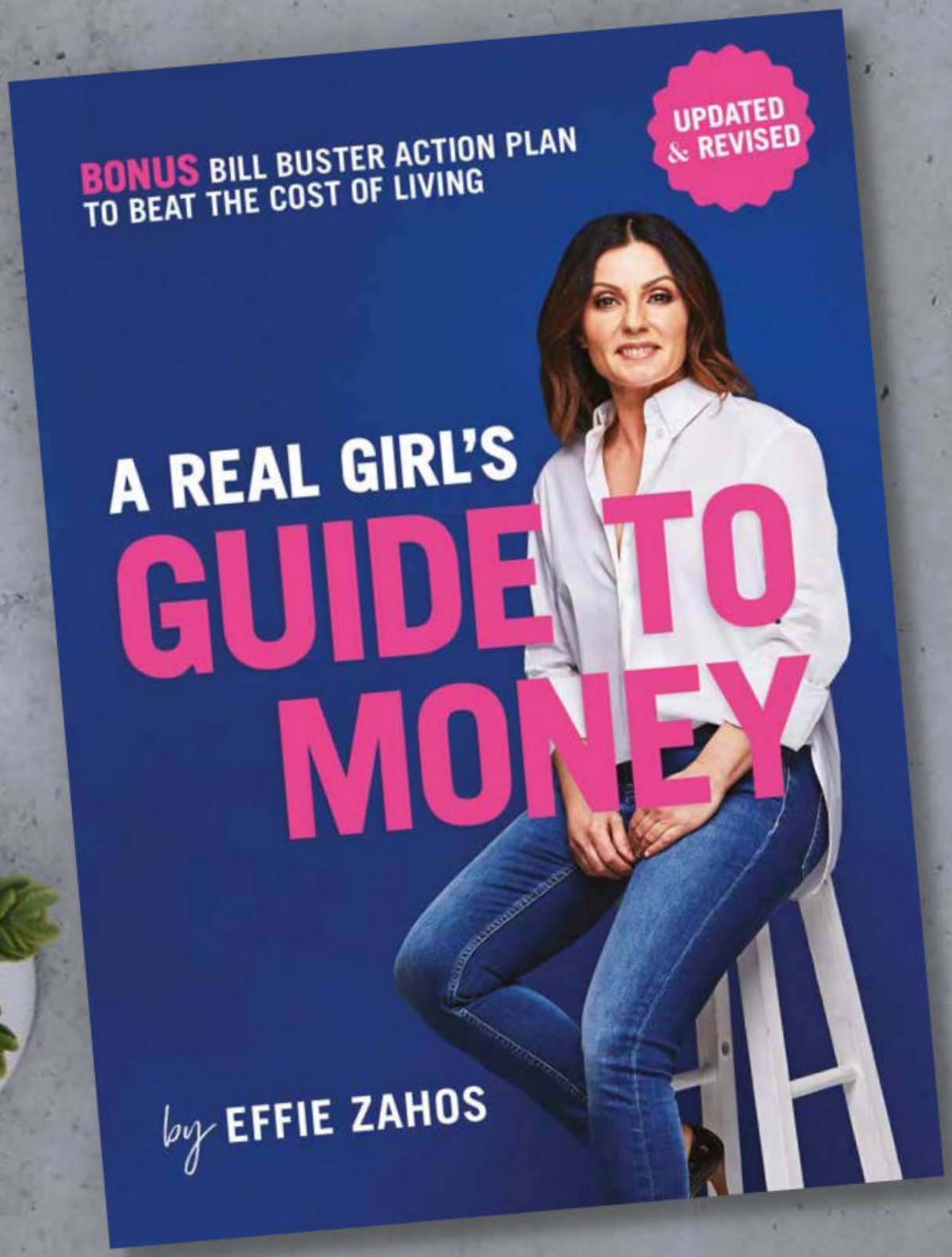

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MARCH/APRIL 2023

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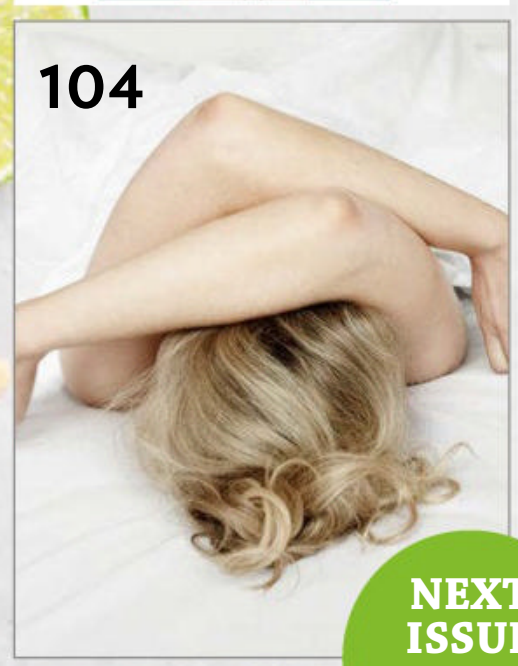

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NEXT ISSUE ON SALE APR 13

PHOTOGRAPHY IMMEDIATE MEDIA AND GETTYIMAGES

Scary statistics

I'm old enough to know that I don't (and can't) control everything but I do like having tactics and strategies for managing things when I can. Sometimes that's as simple as having a dinner plan (I'm currently focussing on cooking my way though the enormous amount of food in my freezer) or looking after my future health.

So I'm excited about this issue which is full of real, do-it-today ideas and plans you can put into place to make life a bit more manageable. Sure, there are always going to be things thrown at you, but if you've got a solid base of things you can manage, I reckon the unexpected things won't be quite so upsetting.

You can find some good strategies for coping with the decision fatigue that can come with diabetes on p90 and then read about how to nail a good night's sleep on p104 (a hot topic in my friend circle right now). Dementia is something I worry about ever since my husband had a stroke (doubling his chances of developing dementia), so I was pleased to read the extract from Dr Ginni Masberg's new book about what we can do to better his chances. And, if you've recently been diagnosed with type 1, the JDRF has some great advice for managing your new way of life.

I mentioned dinner earlier and our two-for-one recipe feature is a perfect example of a take-charge-tactic - cook dinner and then turn the leftovers into a delicious lunch. We've got plenty of other great recipes as well of course - loads of meat-free main dishes, as well as new ways with steak for those of you who enjoy red meat. And dessert isn't forgotten either, with an extract from Weight Watchers' new book on page 78.

What are your tactics for managing life? I'd love to hear them!

Alix

Alix Davis,
Editor

We'd love to hear from you!

We want to hear your stories, answer your questions and share the love with other readers

diabeticliving@aremedia.com.au

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Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Are Media Pty Limited nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.

JUST diagnosed

START HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help

DIABETES 101

Getting your head around "diabetes lingo"? Read on...

- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L before meals, and 6-10mmol/L two hours after starting a meal. Ask your doctor or Credentialled Diabetes Educator for more guidance.
- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.
- **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.
- **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.
- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.
- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.

TYPE 1 & TYPE 2...
What's the difference?

Type 1 is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

Type 2 is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.

TAKE THIS TO HEART

1 YOU'RE NOT ALONE
About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.

2 IT'S YOUR MOVE
Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as 5 per cent of your body weight – can also have a positive impact.

3 WE'RE HERE
Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar and a whole heap of healthy recipes. ■

Losing just 5 per cent of your body weight can have a positive impact.

WORDS KAREN FITTALL; PHOTOGRAPHY ADOBE STOCK

FOOD MYTHS FOR PWD*

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

* That's People With Diabetes

YOUR healthy life

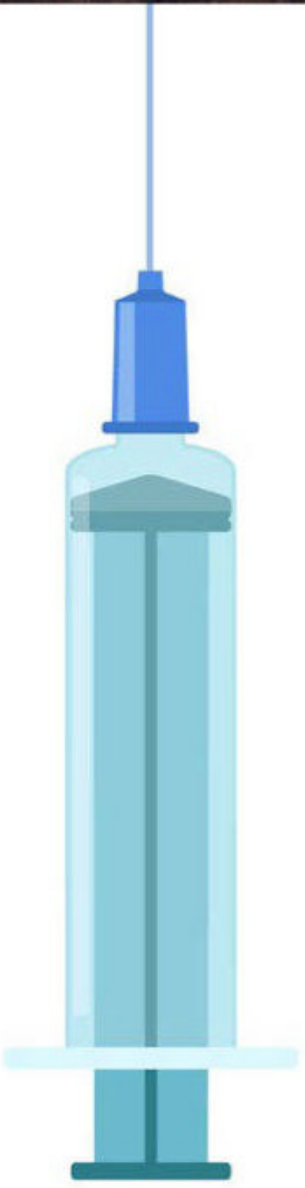
The latest global news on diabetes, fitness, loneliness and eye disease

A GUTSY MOVE

Research continues to shed new light on the role gut health plays in many aspects of general health and wellbeing, so it makes sense to do what you can to improve it. New research from Penn State University in the US shows that eating just a teaspoon of herbs and spices each day can positively impact gut bacteria. At the end of the four-week study, people who added a small amount of a herb-and-spice blend that contained cinnamon, ginger, cumin, turmeric, rosemary, oregano, basil and thyme, experienced an increase in gut bacteria diversity – and that's a good thing. "Research has shown that people who have a lot of different microbes have better health, and a better diet, than those who don't have much bacterial diversity," says one of the study's authors, Penny Kris-Etherton, who adds that it's such a simple dietary intervention. "It's also a way of decreasing sodium in your diet, but flavouring foods in a way that makes them palatable and, in fact, delicious!"

21%

HOW MUCH THE RISK OF DEVELOPING TYPE 2 DIABETES DROPS FOR PEOPLE WHO EAT PLENTY OF VEGETABLES. WHILE MEN ARE RECOMMENDED TO EAT AT LEAST SIX SERVES OF VEGETABLES A DAY, WOMEN SHOULD AIM FOR AT LEAST FIVE SERVES A DAY. FEWER THAN ONE IN TEN ADULTS IN AUSTRALIA ARE CURRENTLY HITTING THOSE TARGETS.



HERE'S ANOTHER REASON TO GET VACCINATED AGAINST SHINGLES...

According to a new study, developing shingles is associated with an almost 30 per cent higher long-term risk of experiencing a major cardiovascular event, such as a stroke or a heart attack. And this elevated risk may persist for 12 years or more. "Our findings suggest that there are long-term implications of shingles and highlight the importance of public health efforts for prevention," says the study's lead author, Sharon Curhan from Brigham and Women's Hospital in the US. Anyone who's had chickenpox can develop shingles, so one in three people risk developing shingles in their lifetime – and this risk may be 20 per cent higher for people living with diabetes. To protect yourself, talk to your doctor about getting vaccinated. While vaccination doesn't guarantee you won't get shingles, it significantly reduces your chances.

Q: I'm pregnant and have discovered I have gestational diabetes. As well as being worried about my baby, I feel like I've been robbed of the 'perfect pregnancy' I'd envisioned. How can I stop feeling that way?

Dr Clarke says: Pregnancy and motherhood are often depicted in unrealistic and idealised ways. Sadly, this puts pressure on new mums, who struggle to have the 'perfect pregnancy'.

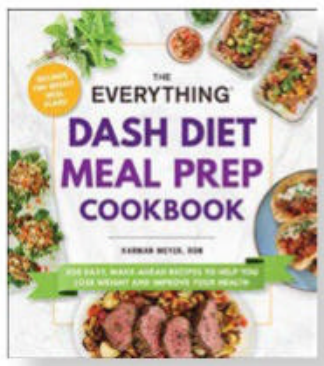
In reality, it's a very nuanced experience and no two women will have the same story. Letting go of the idea that there's a 'perfect pregnancy' provides wriggle room when there are challenges.

When we let go of the struggle with uncomfortable thoughts and feelings, we're freed up to focus on what works for us. So choose your own pregnancy story. You might write a compassionate story, a nurturing story, a healthful story, even a "good enough" story. Once the theme is chosen, you can then choose the content; i.e. your actions. Next time you notice the 'perfect pregnancy' story and vulnerable feelings, remind yourself of the story you are writing. And remember, you can write this meaningful story alongside the challenges that pregnancy and gestational diabetes may bring.

Dr Janine Clarke, psychologist

It's never too late to exercise

There's an old saying that the 'best' time to exercise during the day is the time that suits you best, but when it comes to improving insulin sensitivity, being physically active later in the day may be more effective than morning exercise sessions. That's according to the results of a recent study published in Diabetologia, the journal of the European Association for the Study of Diabetes, which found that afternoon or evening exercise is associated with up to 25 per cent reduced insulin resistance – and therefore better blood sugar control. The authors say the results suggest it means that thinking about the timing of physical activity throughout the day is relevant if you want to enjoy the biggest beneficial effects of physical activity on insulin sensitivity.

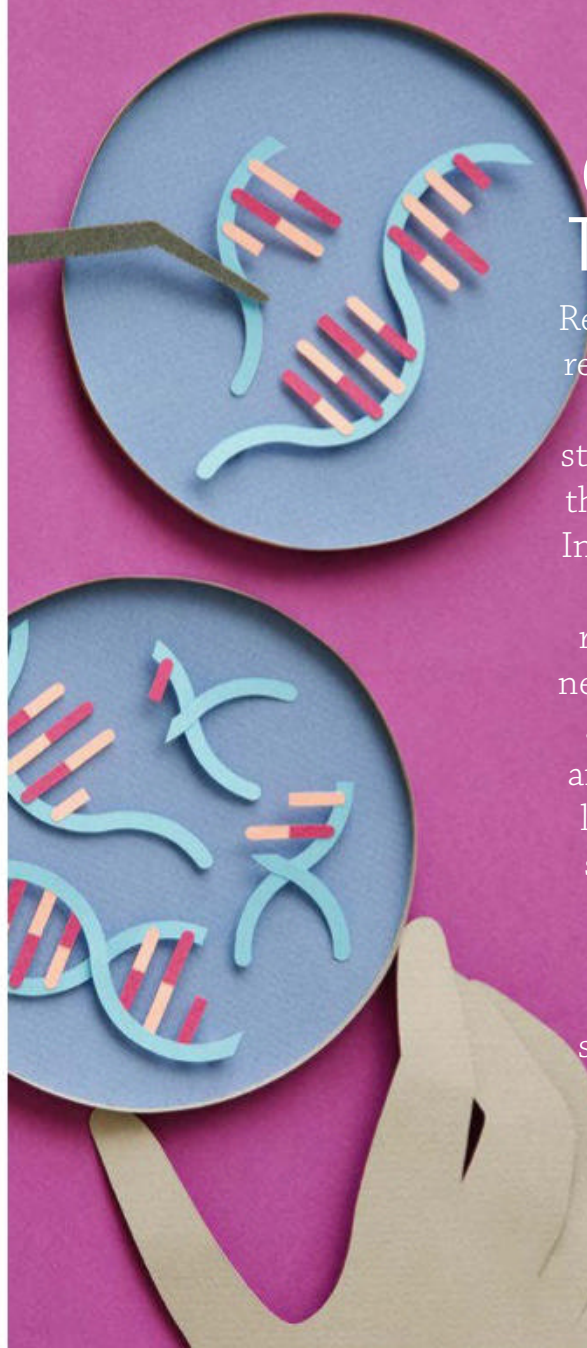


The Everything DASH Diet Meal Prep Cookbook

By Karman Meyer

Everything, $29.99

Meet the cookbook that makes following the DASH diet easier than ever. With a focus on fruits, vegies and low-fat dairy products, research shows the DASH diet can help lower blood pressure and may also encourage weight loss. Featuring 200 recipes that can be prepped, stored and used to add a great amount of variety to your meals, this cookbook will help you on your journey towards better health.



GENE THERAPY COULD OFFER NEW TYPE 2 TREATMENTS

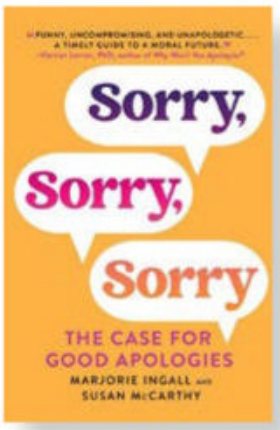
Research funded by Diabetes UK has revealed how important a particular gene is for controlling how fat is stored in the body, and its links with the development of type 2 diabetes. In an animal study, a specific type of gene therapy – which involves replacing a faulty gene or adding a new one – helped reduce weight gain and improved insulin production and use, which lowered blood sugar levels. Although this is very early-stage research, it's important and could pave the way for new treatments for people living with type 2 diabetes that tackle blood sugar levels in new, more effective ways.

A NUTTY IDEA FOR WEIGHT LOSS

Almonds are rich in – albeit healthy – fats, so they might not seem like the obvious weight-loss friendly food, but fresh research from the University of South Australia suggests eating a handful of them could help keep extra kilos at bay. Putting almonds' impact on appetite under the microscope, researchers found that a snack of 30-50 grams of almonds helps people cut back on the number of kilojoules they eat each day. "Our research examined the hormones that regulate appetite and how nuts – specifically almonds – might contribute to appetite control," says Dr Sharayah Carter from UniSA's Alliance for Research in Exercise, Nutrition and Activity. "We found that people who ate almonds experienced changes in their appetite-regulating hormones, and that these may have contributed to reduced food intake. Almonds are high in protein, fibre and unsaturated fatty acids, which may contribute to their satiating properties and help explain why fewer kilojoules were consumed."

NEW TECH ADDED TO THE NDSS

People living with type 1 now have even more options to manage their diabetes, after the Federal Government recently added the Omnipod DASH® insulin pods to the National Diabetes Services Scheme (NDSS). Featuring a tubeless, wearable and waterproof pod that's integrated with a small handheld Personal Diabetes Manager, the Omnipod DASH® Insulin Management System provides calibrated delivery of insulin over a 72-hour period. Diabetes Australia Group CEO Justine Cain welcomes the move. "We've heard from many people living with type 1 diabetes that the Omnipod DASH® system is convenient and helps ease the day-to-day burden of diabetes management," she says. "People living with diabetes have their own preferences and it is important they have affordable access to the diabetes technology that best suits their lifestyle."



Sorry, Sorry, Sorry: The Case for Good Apologies

By Marjorie Ingall and Susan McCarthy

Gallery Books, $32.99

Good apologies can be powerful and restorative, capable of mending fences and bringing harmony, but have you ever wondered what they sound like and why they're so tricky to deliver? Drawing on psychology, sociology and medicine, this book explains why giving a good apology doesn't have to be difficult – as well as explaining how to respond to below-par ones when you're on receiving the end..

Q: I have type 2 and am moving towards a plant-based diet. How do I make it work, in terms of blood sugar levels and my health and wellbeing?

Dr Marsh says: There are many benefits of a plant-based diet when it comes to diabetes management and overall health, particularly when you focus on mainly whole and minimally processed plant foods.

However, it's not just about cutting out animal foods. A plant-based diet should contain a range of foods, including legumes, wholegrains, nuts, seeds, fruits and vegetables.

Balance your plate with:

- a wide variety of different coloured vegetables or salads
- minimally processed wholegrains
- plant protein, including legumes, tofu or tempeh
- healthy fats like nuts, seeds, avocado, and extra virgin olive oil, and herbs and spices.

Another consideration is that a strict plant-based diet doesn't contain any vitamin B12 - which plays a key role in the function and development of brain and nerve cells and is found only in animal foods - so take a supplement to avoid deficiency. This is important if you are taking metformin as it reduces B12 absorption.

Dr Kate Marsh, advanced accredited practising dietitian and credentialled diabetes educator

POTATOES: IT'S NOT THEM, IT'S YOU

If you've put potatoes in the 'unhealthy' basket, it might be time to reconsider. New research has shown that while potatoes might not have all the same benefits as some other vegetables, the health issues commonly associated with them – including increasing the risk of type 2 diabetes – may actually be due to how they're typically prepared. "In previous studies, potatoes have been positively linked to incidence of diabetes, regardless of how they're prepared," says the study's lead author Pratik Pokharel from Edith Cowan University. "But we found that's not true. When we separated boiled potatoes from mashed potatoes, fries or crisps, boiled potatoes were no longer associated with a higher risk of diabetes – they had a null effect."

Got a minute?

Good news if you don't have time for a stint of daily exercise – new research lead by the University of Sydney's Charles Perkins Centre finds that a few one-minute bursts of huff and puff during daily tasks is associated with significant reductions in the risk of premature death. All kinds of activities qualify as what researchers have labelled 'vigorous intermittent lifestyle physical activity', or VILPA, including running for the bus, bursts of power walking or playing a high-energy game. In the study, just three to four one-minute bouts of VILPA every day was associated with up to 40 per cent reduction in all-cause mortality and up to 49 per cent reduction in heart disease-related death. "Our study shows similar benefits to high-intensity interval training can be achieved through increasing the intensity of incidental activities done as part of daily living," says lead author Professor Emmanuel Stamatakis. "And the more the better. Upping the intensity of daily activities requires very little. It simply involves stepping up the pace while walking or doing the housework with a bit more energy." ■

WORDS KAREN FITTALL. PHOTOGRAPHY GETTY IMAGES

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Send your competition card with your 10 tokens attached in early during the promotional period for your chance to **WIN $5,000!**

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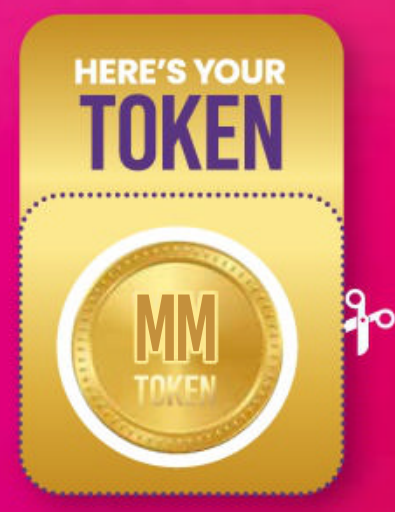
3. When you've filled the card with all 10 tokens, send the entry coupon and card to the address provided



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HERE TO HELP

Whether you're newly diagnosed with diabetes or need some support or information having lived with it for some time, there are organisations that can help, including…

DIABETES AUSTRALIA This is the national body for people living with all types of diabetes and those who are at risk. Committed to reducing the impact of diabetes, online you'll find a wide range of helpful information about everything from medications to preventing complications. Plus, if you become a member, you'll have access to an online community forum, member-only events and webinars and health professionals that are just a phone call away. Visit **diabetesaustralia.com.au**.

THE NATIONAL DIABETES SERVICES SCHEME (NDSS) An initiative of the Australian Government that's administered by Diabetes Australia, as well as providing diabetes information and resources, importantly, the NDSS also delivers support services and subsidised diabetes products. To register, visit **ndss.com.au** or call the NDSS Helpline on **1800 637 700**.

AUSTRALIAN DIABETES EDUCATORS ASSOCIATION (ADEA) Consulting with a credentialled diabetes educator (CDE) can help you understand more about diabetes, learn how to monitor and manage your blood glucose levels and discover what you can do to reduce your risk of diabetes-related complications. Plus, a CDE can encourage your diabetes healthcare team to work together. Head to **adea.com.au** to use the 'Find a CDE' service or call **(02) 6173 1000**.

JUVENILE DIABETES RESEARCH FOUNDATION (JDRF) Dedicated to creating a world without type 1 diabetes by funding research, JDRF also provides helpful information about type 1 diabetes and a range of community support programs for people living with it. Head to **jdrf.org.au** to find out more.

FOOT FORWARD Discover how to care for your feet when you're living with diabetes, understand if your feet are at risk from complications and where to access relevant support services when and if you need them. Visit **footforward.org.au**

KEEPSIGHT As well as learning more about diabetes and eye health, at KeepSight you can sign up for regular eye check reminders and find a KeepSight provider near you to make an eye check appointment. Visit **keepsight.org.au**

MYDESMOND Access a suite of free online health education and behavioural-change programs that can help you self-manage type 2 diabetes or make healthy lifestyle choices after being diagnosed with gestational diabetes. Head to **mydesmondaustralia.com.au** to join.

NATIONAL DISABILITY INSURANCE SCHEME (NDIS) While the NDIS doesn't fund financial support for diabetes, you may be able to access support if you have a disability caused by diabetes, such as vision impairment, amputation or hearing loss. Visit **ndis.gov.au** or call **1800 800 110** for more information.

Cardiovascular Disease…

Reduce the risk of this major cause of death[1,2]

Cardiovascular diseases cause 27% of deaths in Australia[1]

For many people, lifestyle choices lead to cardiovascular disease. These include an unhealthy diet, physical inactivity, tobacco use and overuse of alcohol. All can result in raised blood pressure, raised blood glucose, raised cholesterol and being overweight or obese[3].

Cardiovascular disease and type 2 diabetes

If you have type 2 diabetes, there is evidence that optimal glycaemic control, along with control of blood pressure and LDL cholesterol, smoking cessation and weight loss are necessary for reducing the risk of cardiovascular disease[4]. Healthy eating and exercise can substantially reduce the risk of cardiovascular disease in the first place![5,6].

Type 2 diabetes must be well managed

BodyCare Nutrition Revitalise provides nutritional support for people with type 2 diabetes or pre-diabetes who need help:

- ✓Controlling blood glucose levels
- ✓Losing weight
- ✓Lowering blood pressure levels
- ✓Lowering LDL cholesterol levels
- ✓Increasing energy levels

Revitalise is a low GI, low fat and low sodium shake containing protein, essential amino acids and prebiotic fibre. Make Revitalise part of your diabetes management plan.

Revitalise helps make your weight management journey easier.

How Revitalise helps you lose weight and control your blood glucose levels…

At around 140 calories per serve, Revitalise helps you to lose weight and keep it off when part of a healthy diet and exercise. It also helps stop sugar cravings and gives you a feeling of fullness for longer, suppressing hunger.

Revitalise strips off excess weight! Consume low GI Revitalise with low calorie or low carbohydrate (low GI) meals which are high in protein. You can even consume Revitalise as an in-between meal snack. After drinking Revitalise, you may find you eat a smaller main meal because you won't feel as hungry. By following this approach, you can expect to cut back on added sugar, lose weight and feel more energetic. Plus Revitalise is Gluten Free.

Lowers blood pressure and cholesterol Revitalise is low in sodium and fat. It reduces blood pressure when part of a low salt diet. It also reduces LDL cholesterol when part of low saturated fatty acids diet.

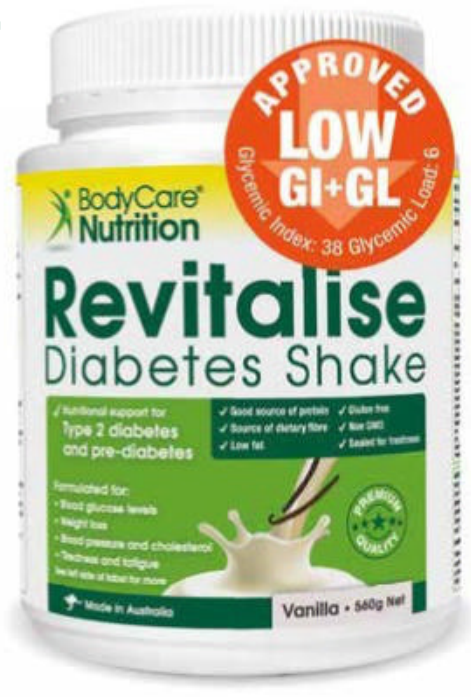
Boosting your energy When it comes to reducing the risk of cardiovascular disease, exercise is so important. Being low GI, Revitalise gives you sustained energy to exercise. It is enriched with iron, folate and vitamins B2 and B3, which assist in reducing tiredness and fatigue.

Revitalise is available in delicious vanilla, chocolate and coffee flavours. At only RRP $34.95, Revitalise gives you 14 serves (up to 2 weeks).

Find a stockist Visit **bodycarenutrition.com.au/stockists** or scan this QR code or ask your local pharmacy to order Revitalise. Visit our website for more details.

Free delivery for online orders

Can't get to the chemist? Revitalise is available online from bodycarenutrition.com.au. Insert Coupon Code **goodhealth2023** into the shopping cart for **free delivery.** Offer expires 16/4/23.



Made in Australia

References: [1]www.health.gov.au/health-topics/chronic-conditions/what-were-doing-about-chronic-conditions/what-were-doing-about-cardiovascular-conditions#:~:text=Cardiovascular%20diseases%20cause%2027%25%20of,more%20heart%20or%20vascular%20conditions. [2]www.heartfoundation.org.au/bundles/for-professionals/key-stats-cardiovascular-disease [3]Cardiovascular disease, diabetes, chronic kidney disease risk factors common among Australians. 25/3/2015.www.aihw.gov.au/news-media/media-releases/2015/march/cardiovascular-disease-diabetes-chronic-kidney-d [4]Type 2 diabetes and cardiovascular disease: Have all risk factors the same strength? Iciar Martín-Timón, Cristina Sevillano-Collantes, Amparo Segura-Galindo, and Francisco Javier del Cañizo-Gómez. www.ncbi.nlm.nih.gov/pmc/articles/PMC4127581 [5]www.heartfoundation.org.au/bundles/healthy-living-and-eating/keeping-your-heart-healthy [6]www.betterhealth.vic.gov.au/health/conditionsandtreatments/heart-disease-and-food.

Revitalise is a formulated supplementary food, which can be of assistance when dietary intakes of energy and nutrients are inadequate. BodyCare Nutrition®

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5 DAYS DINNERS

Weeknights are sorted with these fresh, flavoursome mains, packed with veg!

GFO

SUMMER VEGETABLE TOSTADAS

PREP 15 MINS **COOK** 15 MINS
SERVES 2 (AS A MAIN)

4 mini tortillas or gluten-free tortillas
4 tsp olive oil
Freshly ground black pepper
1 zucchini, quartered lengthways, then cut into 3cm chunks
½ x 420g can no-added-salt canned corn, drained and rinsed
½ tsp smoked paprika
80g cherry tomatoes, halved
2 green shallots, trimmed and finely sliced
250g frozen peas, defrosted
1 clove garlic, peeled
2 sprigs mint, leaves picked and roughly chopped, plus extra to serve
Small handful of coriander, roughly chopped
2 limes, 1 juiced, 1 cut into wedges, to serve
70g (⅓ cup) high-protein natural yoghurt

1 Preheat oven to 180°C (fan-forced). Brush the tortillas with 2 tsp of the oil and arrange on two baking trays. Season with pepper. Bake for 5 minutes. Turn over the tortillas and bake for a further 3 minutes or until crisp and golden. Remove from the oven and set aside to cool.

2 Meanwhile, heat 1 tsp of the remaining oil in a large non-stick frying pan over medium-high heat. Add the zucchini and corn. Cook, stirring occasionally, for 6-8 minutes or until they start to colour at the edges. Add the smoked paprika and cook, stirring, for 1 minute. Set aside to cool slightly before tossing in the tomatoes and green shallots. Season with pepper.

3 Put the peas, garlic, mint, most of the coriander, the lime juice and remaining oil in a small food processor. Season with pepper. Pulse until you have a guacamole-like consistency. Add a splash of water if it's too thick.

4 To serve, spread each tortilla with the pea dip. Top with the vegetables, the remaining coriander and a dollop of yoghurt. Serve the lime wedges on the side, for squeezing over.

NUTRITIONAL INFO

PER SERVE 1810kJ (433Cal), **protein** 19g, **total fat** 15g (sat. fat 4g), **carbs** 45g, **fibre** 16g, **sodium** 466mg • **Carb exchanges** 3 • **GI estimate** low • **Gluten-free option**

HOW OUR FOOD WORKS FOR YOU
see page 88

GFO LCO

TUNA, OLIVE & SPINACH SPAGHETTI

PREP 10 MINS **COOK** 25 MINS
SERVES 2 (AS A MAIN)

120g dried wholemeal spaghetti or gluten-free pasta
½ tsp olive oil
½ red onion, thinly sliced
95g can tuna in olive oil, drained
6 pitted kalamata olives, sliced
Zest and juice of ½ lemon
80g baby spinach leaves
2 tsp chopped dill
2 tsp chopped flat-leaf parsley
Freshly ground black pepper

1 Bring a large saucepan of water to the boil over high heat. Add the spaghetti and reduce the heat to medium-high. Cook for 10 minutes or until al dente.

2 Meanwhile, heat the oil in a large non-stick frying pan over medium heat. Add the onion and cook, stirring often, for 5-6 minutes or until the onion softens. Add the tuna, olives, lemon zest and juice and spinach. Cook, tossing to combine. Cover and cook for 2-3 minutes or until the spinach starts to wilt. Remove the pan from the heat and set aside, covered, for 5 minutes.

3 Drain the pasta, reserving 150ml of the cooking water. Add the pasta to the tuna mixture and toss together, adding a good splash of the reserved water. Add most of the herbs, toss together and season with black pepper. Divide between bowls, and top with the remaining herbs.

NUTRITIONAL INFO

PER SERVE 1520kJ (364Cal), **protein** 22g, **total fa**t 11g (sat. fat 2g), **carbs** 39g, **fibre** 9g, **sodium** 355mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

LOWER-CARB OPTION

Replace the wholemeal spaghetti with 150g Slendier Soy Bean Spaghetti, prepared following packet directions.

PER SERVE 1040kJ (249Cal), **protein** 26g, **total fat** 12g (sat. fat 2g), **carbs** 5g, **fibre** 9g, **sodium** 353mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

GFO LC

CHICKEN & PESTO SOUP

PREP 15 MINS **COOK** 25 MINS
SERVES 2 (AS A MAIN)

6 (170g) Peppercorn Extra Lean Chicken Chipolatas
2 tsp olive oil, plus extra for drizzling (optional)
1 small brown onion, finely sliced
1 clove garlic, thinly sliced
400ml salt-reduced vegetable stock or gluten-free stock
½ x 420g can no-added-salt cannellini beans, drained and rinsed
50g kale leaves, woody stems removed, chopped
Juice of ¼ lemon
Freshly ground black pepper
1½ tbsp basil pesto

1 Squeeze the meat out of the sausage skins and break into small pieces. Discard the skins. Heat the oil in a wide saucepan over medium-low heat. Add the sausage meat and cook, squashing with a spatula, for 6-7 minutes or until browned and slightly crispy. Transfer to a bowl, cover with foil and set aside.

2 Add the onion to the pan and cook, stirring often, for 4-5 minutes or until the onion softens. Add the garlic and cook, stirring, for 1 minute. Add the stock to the pan, scraping any stuck-on bits off the bottom. Return the sausage meat to the pan with the beans and bring to a gentle simmer over medium heat. Simmer for a further 10 minutes. Add the kale in 2 batches, and cook for a further 2-3 minutes or until the kale wilts slightly.

3 Stir the lemon juice into the pan and season with pepper. Remove the soup from the heat and divide between serving bowls. Top each with some of the pesto. Drizzle over the extra oil, if using and serve.

NUTRITIONAL INFO

PER SERVE 1380kJ (330Cal), **protein** 21g, **total fat** 18g (sat. fat 3g), **carbs** 19g, **fibre** 8g, **sodium** 950mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

GFO LCO

BEAN CURRY

PREP 10 MINS **COOK** 30 MINS **SERVES** 2 (AS A MAIN)

½ small brown onion, roughly chopped
2cm piece ginger, peeled and roughly chopped
80ml (⅓ cup) water
2 tsp olive oil
1 tsp curry powder or gluten-free curry powder
½ tsp ground turmeric
½ x 400g can black-eyed beans, rinsed and drained
½ x 420g can no-added-salt butter beans, undrained
Juice of ½ lime
½ tsp brown sugar
Freshly ground black pepper
¼ cup coriander leaves, roughly chopped
4 tbsp high protein natural yoghurt
70g (⅓ cup) brown basmati rice, cooked following packet instructions, to serve

1 Put the onion and ginger in a small food processor or blender with 1½ tbsp of the water. Cover and blend until a smooth paste.

2 Heat the oil in a large saucepan over medium-high heat. Add the onion mixture and cook, stirring often, for 5 minutes or until golden. Stir in the curry powder and turmeric. Cook, stirring, for 1 minute. Add the black-eyed beans and undrained butter beans to the pan with the remaining water. Cover and bring to the boil over high heat. Reduce heat to low and cook, stirring occasionally, for 15 minutes.

3 Stir the lime juice and sugar into the curry. Season with pepper. Stir in most of the coriander. Top with a spoonful of yoghurt and serve with the rice. Sprinkle with remaining coriander.

NUTRITIONAL INFO

PER SERVE 1380kJ (331Cal), **protein** 15g, **total fat** 7g (sat. fat 1g), **carbs** 47g, **fibre** 9g, **sodium** 207mg • **Carb exchanges** 3 • **GI estimate** medium • **Gluten free option**

LOWER-CARB OPTION

Serve as a light lunch by replacing rice with 2 cups cauliflower rice, cooked following packet directions.

PER SERVE 978kJ (234Cal), **protein** 14g, **total fat** 6g (sat. fat 1g), **carbs** 26g, **fibre** 9g, **sodium** 252mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free option** • **Lower carb**

GFO LCO

TOFU OMELETTES WITH SOY DRESSING

PREP 20 MINS (+ 20 MINS MARINATING) **COOK** 25 MINS **SERVES** 2 (AS A MAIN)

50ml salt-reduced soy sauce or gluten-free soy sauce
Juice of ½ lime
2 cloves garlic
140g firm tofu, drained
150g broccoli florets
2cm piece ginger, peeled
¼ red chilli, deseeded and finely chopped
2 tsp honey
2 x 60g eggs
1 tsp olive oil
1 x 250g pouch cooked brown rice, heated following packet directions

1 Put half the soy sauce and half the lime juice in a shallow dish. Crush in one of the garlic cloves. Slice the tofu into 2 equal squares and add to the marinade. Cover and set aside to marinate for 20 minutes, turning halfway through.

2 Meanwhile, steam the broccoli for 4-5 minutes or until tender.

3 Grate the remaining garlic and the ginger into a small bowl. Stir in the remaining soy sauce and lime juice, chilli and honey. Set aside.

4 Drain the tofu and thoroughly pat dry. Whisk the eggs in a small bowl. Heat half the oil in a small non-stick frying pan over medium-high heat. Once hot, add a piece of tofu to the pan and pour over half of the egg mixture. Use a fish slice to push the egg towards the tofu – you should end up with a little eggy tofu square. Cook for 2-3 minutes each side or until golden brown, turning carefully. Transfer to a plate and cover loosely with foil to keep warm. Repeat with the remaining oil, tofu and egg.

5 Serve the tofu omelettes with the rice, broccoli and a drizzle of chilli dressing.

NUTRITIONAL INFO

PER SERVE 1910kJ (457Cal), **protein** 26g, **total fat** 15g (sat. fat 3g), **carbs** 49g, **fibre** 9g, **sodium** 706mg • **Carb exchanges** 3½ • **GI estimate** medium • **Gluten-free option**

LOWER-CARB OPTION

Omit the rice and add a sliced carrot, steamed to serve.

PER SERVE 1090kJ (261Cal), **protein** 21g, **total fat** 13g (sat. fat 2g), **carbs** 10g, **fibre** 8g, **sodium** 743mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

LOVE YOUR LEFTOVERS

Not sure what to do with the remaining food? Take inspiration from these tasty tips

FRUIT & VEGETABLES

KALE Finely shred the kale and use in salads or add to stir-fries or soups.

ONION Finely chop and use in pasta sauces or soups.

CHERRY TOMATOES Halve tomatoes and thread onto skewers with halved baby bocconcini and small basil leaves. Drizzle with balsamic glaze and have as a snack.

SHALLOTS Thinly slice and use as a garnish to your dish, or toss through stir-fries and salads.

HERBS Chop any leftover herbs and freeze in ice cube trays or small resealable plastic bags.

CHILLI Thinly slice or chop and use in stir-fries, dressings and curries.

GROCERIES

STOCK Use in soups, casseroles or sauces.

CANNELLINI BEANS & BUTTER BEANS Use in place of chickpeas to make hummus. Alternatively, use in soups and salads.

BLACK-EYED BEANS & CORN Make a Mexican-based salad with the remaining black-eyed beans, corn, coriander, chopped tomato and capsicum and a little grated reduced-fat cheese. Top with extra lean beef mince cooked in a little salt-reduced taco seasoning, light sour cream, and shredded lettuce.

PESTO Spread over homemade pizza bases and top with your favourite healthy toppings.

SPAGHETTI Break into pieces and cook until al dente. Toss through your favourite pasta sauce.

OLIVES Add to salads, pasta sauces and finely chop and use in dressings.

FROZEN PEAS Use in soups and to make fried-rice.

YOGHURT Serve with seasonal fresh fruit and a sprinkling of granola for a quick and healthy breakfast or dessert.

TOFU Marinate in salt-reduced soy sauce, grated ginger and garlic, lemon juice, a little honey. Stir-fry and serve with steamed Asian greens and cooked low-GI white rice.

TORTILLAS Use to make quesadillas or as wraps for your favourite healthy sandwich fillings.

SAUSAGES Cook and serve with steamed vegetables or salad. ■

SHOPPING LIST

GROCERIES

- ❑ 190g jar basil pesto
- ❑ 1L carton salt-reduced vegetable stock
- ❑ 420g can no-added-salt cannellini beans
- ❑ 10 pkt mini tortillas or gluten-free tortillas
- ❑ 420g can no-added-salt corn
- ❑ 250g pkt cooked brown rice
- ❑ 500g pkt wholemeal spaghetti
- ❑ 500g jar pitted kalamata olives
- ❑ 95g can tuna in olive oil
- ❑ 400g can black-eyed beans
- ❑ 420g can no-added-salt butter beans
- ❑ 1kg pkt brown basmati rice

CHILLED (FRIDGE & DELI)

- ❑ 450g pkt firm tofu
- ❑ 700g tub high-protein natural yoghurt

FREEZER

- ❑ 500g pkt frozen peas

MEAT AND POULTRY

- ❑ 450g pkt Peppercorn Extra Lean Chicken Chipolatas

FRUIT & VEGETABLES

- ❑ 2 small brown onions
- ❑ 1 bunch kale
- ❑ 1 lemon
- ❑ 1 zucchini
- ❑ 200g punnet cherry tomatoes
- ❑ ½ bunch green shallots
- ❑ 1 bunch mint
- ❑ 1 bunch coriander
- ❑ 1 bunch dill
- ❑ 1 bunch flat-leaf parsley
- ❑ 3 limes
- ❑ 1 head (150g) broccoli
- ❑ Small piece ginger
- ❑ 1 red chilli
- ❑ 1 red onion
- ❑ 80g baby spinach leaves

PANTRY

- ❑ Olive oil
- ❑ 4 cloves garlic
- ❑ Black pepper
- ❑ Smoked paprika
- ❑ Salt-reduced soy sauce
- ❑ Honey
- ❑ 2 x 60g eggs
- ❑ Curry powder
- ❑ Ground turmeric
- ❑ Brown sugar

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL PHOTOGRAPHY GETTY IMAGES
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

HOW OUR FOOD WORKS FOR YOU

see page 88

PRIMAVERA pasta

Commonly considered a comfort food, you can enjoy these pasta dishes without the side-serving of guilt

GFO LCO

BROCCOLI PASTA SALAD WITH SALMON & SUNFLOWER SEEDS

PREP 10 MINS **COOK** 15 MINS **SERVES** 2 (AS A MAIN)

75g dried wholemeal penne or gluten-free pasta
125g broccoli florets
125g green beans, trimmed and halved
1 tbsp white miso paste or gluten-free miso paste
1 tsp grated ginger
2 tbsp sunflower seeds
2 tsp extra virgin olive oil
2 x 150g skinless and boneless salmon fillets

1 Bring a medium saucepan of water to the boil over high heat. Add the pasta and cook for 7 minutes. Add the broccoli and beans and cook for 3-4 minutes or until the pasta is al dente and the vegetables are tender.

2 Heat a chargrill pan on medium-high. Spray both sides of the salmon with cooking spray. Add to the grill and cook for 3-4 minutes each side or until just cooked. Transfer to a plate. Set aside to cool slightly.

3 Drain the pasta and vegetables, reserving the cooking water. Tip the pasta and vegetables into a bowl. Add the miso paste, ginger, sunflower seeds, oil and 3 tbsp of the reserved pasta water.

4 Flake the salmon into large pieces and add to the pasta. Toss well. Serve.

NUTRITIONAL INFO

PER SERVE 2230kJ (534Cal), **protein** 42g, **total fat** 26g (sat. fat 7g), **carbs** 28g, **fibre** 9g, **sodium** 453mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

LOWER-CARB OPTION

Swap the green beans for 125g asparagus, roughly chopped

NUTRITIONAL INFO

PER SERVE 2220kJ (531Cal), **protein** 43g, **total fat** 27g (sat. fat 7g), **carbs** 26g, **fibre** 8g, **sodium** 455mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

GFO LCO

SARDINE PASTA WITH CRUNCHY PARSLEY CRUMBS

PREP 10 MINS **COOK** 25 MINS
SERVES 4 (AS A MAIN)

1 tbsp olive oil
50g (⅓ cup) dried (packaged) breadcrumbs or gluten-free breadcrumbs
3 cloves garlic, finely chopped
1 rosemary sprig, leaves finely chopped
2 x 125g cans sardines in springwater, drained
500g passata
½ cup drained sliced black olives
280g dried linguine or fusilli or gluten-free pasta
Small bunch flat-leaf parsley, leaves chopped
4 tbsp finely grated parmesan

1 Heat 1 tsp of the oil in a large non-stick frying pan over medium-low heat. Add the breadcrumbs and cook, stirring, for 3-4 minutes or until they start to turn golden. Add another 1 teaspoon oil and the garlic. Cook, stirring, for 1 minute. Tip onto a plate and set aside to cool.

2 Return the frying pan to a medium heat. Add the remaining oil with the rosemary and the sardines. Cook, stirring often with a wooden spoon to gently break up the sardines, for 2-3 minutes. Stir in the passata and olives. Simmer for 10 minutes.

3 Meanwhile, bring a large saucepan of water to the boil. Add the pasta and cook, following packet directions, or until al dente. Put the breadcrumbs, parsley and half the parmesan in a bowl. Stir to combine.

4 Drain the pasta, reserving a little of the cooking liquid. Add a splash of the water to the tomato sauce until it is thin enough to coat the pasta. Stir in the remaining parmesan. Toss the pasta in the sauce and divide between serving bowls. Top with the breadcrumb mix and serve.

NUTRITIONAL INFO

PER SERVE 2090kJ (500Cal), **protein** 26g, **total fat** 15g (sat. fat 4g), **carbs** 61g, **fibre** 6g, **sodium** 621mg • **Carb exchanges** 4 • **GI estimate** low • **Gluten-free option**

LOWER-CARB OPTION

Replace the pasta with 300g (1½ packets) of Slendier Edamame Fettucine, prepared following packet instructions.

NUTRITIONAL INFO

PER SERVE 1430kJ (342Cal), **protein** 28g, **total fat** 16g (sat. fat 5g), **carbs** 16g, **fibre** 9g, **sodium** 622mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**

GFO LCO

SPINACH & RICOTTA PENNE

PREP 10 MINS **COOK** 20 MINS
SERVES 2 (AS A MAIN)

175g dried wholemeal penne or gluten-free pasta
2 tsp olive oil
1 leek, thinly sliced
2 large cloves garlic, finely grated
250g baby spinach leaves
85g ricotta
3 tbsp milk
1 tbsp finely grated parmesan
Pinch ground nutmeg

1 Cook the pasta in a medium saucepan of boiling water, following packet directions, or until al dente.

2 Meanwhile, heat the oil in a deep non-stick frying pan over medium heat. Add the leek and garlic and cook, stirring often, for 5 minutes or until the leeks soften. Add the spinach. Cover and cook for 3 minutes or until the spinach wilts. Stir well.

3 Combine the ricotta, milk, parmesan and nutmeg in a bowl. Drain the pasta, reserving a mugful of the cooking water. Add the pasta to the vegetables. Pour over the ricotta mixture and toss well to combine. Add 3-4 tbsp of the reserved pasta water to loosen a little. Serve.

NUTRITIONAL INFO

PER SERVE 2050kJ (490Cal), **protein** 24g, **total fat** 14g (sat. fat 5g), **carbs** 60g, **fibre** 15g, **sodium** 288mg • **Carb exchange**s 4 • **GI estimate** low • **Gluten-free option**

LOWER-CARB OPTION

Replace the pasta with 170g Atkins Lower Carb Penne.

NUTRITIONAL INFO

PER SERVE 2010kJ (481Cal), **protein** 55g, **total fat** 13g (sat. fat 6g), **carbs** 26g, **fibre** 18g, **sodium** 321mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

GFO LCO

ROASTED VEGETABLE PASTA

PREP 10 MINS **COOK** 30 MINS **SERVES** 2 (AS A MAIN)

1 red onion, cut into wedges
2 zucchini, cut into chunks
3 cloves garlic, unpeeled
2 tbsp olive oil
Freshly ground black pepper
250g punnet cherry tomatoes
120g fusilli or other short dried pasta or gluten-free pasta
Handful of basil leaves
2 tbsp grated parmesan, to serve

1 Preheat oven to 200°C (fan-forced). Line a large ovenproof dish with baking paper. Add the onion, zucchini and garlic to the dish. Drizzle over the olive oil and season with pepper. Toss to coat. Roast for 15 minutes. Add the tomatoes to the pan and toss to combine. Roast for a further 15 minutes.

2 Meanwhile, bring a medium saucepan of water to the boil over high heat. Add the pasta and reduce heat to medium-high. Simmer, partially covered, for 10-12 minutes or until al dente. Drain.

3 Remove the vegetables from the oven and pop the garlic cloves out of their skins. Mash the garlic against the side of the dish and stir through the vegetables. Add the pasta and toss everything together, tearing in some basil as you go.

4 Divide the pasta between serving bowls. Sprinkle with parmesan and serve.

NUTRITIONAL INFO

PER SERVE 2070kJ (495Cal), **protein** 15g, **total fat** 23g (sat. fat 5g), **carbs** 51g, **fibre** 9g, **sodium** 157mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**

LOWER-CARB OPTION

Swap the fusilli for 120g Atkins Lower Carb Penne.

NUTRITIONAL INFO

PER SERVE 2030kJ (486Cal), **protein** 38g, **total fat** 24g (sat. fat 6g), **carbs** 24g, **fibre** 15g, **sodium** 184mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

GFO LCO

EGGPLANT, CHILLI & BACON PASTA

PREP 10 MINS **COOK** 25 MINS
SERVES 4 (AS A MAIN)

2 tbsp olive oil
1 large eggplant, cut into small cubes
6 rashers lean bacon, trimmed of fat, roughly chopped
2 cloves garlic, crushed
1 red chilli, finely chopped
2 x 400g cans no-added-salt chopped tomatoes
250g dried fusilli pasta or gluten-free pasta
2 tbsp grated parmesan, to serve

1 Heat the oil in a large non-stick frying pan over medium heat. Add the eggplant and cook, stirring often, for 8 minutes or until soft. Add the bacon and cook, stirring often, for 4-5 minutes or until the bacon is slightly crisp. Add the garlic and chilli. Cook, stirring, for 1 minute.

2 Add the tomatoes to the pan and increase heat to medium-high. Cook, stirring occasionally, for 10 minutes or until the sauce thickens.

3 Meanwhile, cook the pasta in a large saucepan of boiling water, following packet directions, until al dente. Drain the pasta.

4 Add the pasta sauce to the pasta and toss to combine. Top with the parmesan. Serve.

NUTRITIONAL INFO

PER SERVE 1970kJ (471Cal), **protein** 23g, **total fat** 15g (sat. fat 4g), **carbs** 57g, **fibre** 8g, **sodium** 744mg • **Carb exchanges** 4 • **GI estimate** low • **Gluten-free option**

LOWER-CARB OPTION

Replace the pasta with 300g (1½ packets) of Slendier Soybean Fettucine, prepared following packet instructions.

NUTRITIONAL INFO

PER SERVE 1420kJ (339Cal), **protein** 27g, **total fat** 16g (sat. fat 4g), **carbs** 16g, **fibre** 12g, **sodium** 746mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free** • **Lower carb**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

in season: SPINACH

Next time you're brunching, try these spiced green pancakes for great taste with the added benefits of iron and vitamin K

SPINACH PANCAKES WITH HARISSA YOGHURT & POACHED EGGS

PREP 15 MINS **COOK** 20 MINS **SERVES** 3 (AS A BREAKFAST)

100g baby spinach leaves
50g margarine
4 x 60g eggs
150g (1 cup) plain flour
¼ tsp ground nutmeg
1 tsp baking powder
250ml-300ml skim milk
150g natural yoghurt
1-2 tsp harissa paste, to taste
1 tbsp white vinegar
1 tsp nigella seeds (optional)
3 handfuls of baby spinach, to serve
1 small avocado, sliced, to serve

1 Heat a medium non-stick frying pan over medium heat. Add the spinach and cook, stirring often, until it wilts. Transfer the spinach to a small food processor.

2 Return the pan to medium heat and add the margarine. Stir until it melts. Set aside to cool slightly. Add the margarine to the food processor with the spinach. Crack one egg into the food processor. Cover and process until the spinach is finely chopped.

3 Combine the flour, nutmeg and baking powder in a bowl. Add to the food processor and pulse to combine. Pour in 250ml (1 cup) of the milk and pulse for a further 1-2 minutes or until a batter forms. If you prefer your pancakes thinner, simply add the remaining 50ml milk. Pour the batter into a jug.

4 Combine the yoghurt and harissa in a small bowl. Set aside.

5 Return the frying pan to a medium-low heat. Pour in a ladleful of the batter and cook for 2 minutes or until the top of the pancake is nearly set. Flip and cook for another 1 minute or until cooked and lightly golden. Transfer to a plate lined with a clean tea towel and wrap up to keep warm. Repeat with the remaining batter, making 6 pancakes.

6 Crack the remaining eggs into seperate ramekins. Bring a medium saucepan of water to a simmer, add the vinegar and stir to create a gentle whirlpool. Tip in one egg and cook for 3-4 minutes or until the white is set. Use a slotted spoon to drain and transfer onto a plate lined with paper towel. Repeat with the remaining eggs. Divide the pancakes between serving plates. Top with the harissa yoghurt, poached eggs and a sprinkle of nigella seeds, if using. Serve with the spinach leaves and avocado.

NUTRITIONAL INFO

PER SERVE 2280kJ (545Cal), **protein** 26g, **total fat** 22g (sat. fat 8g), **carbs** 57g, **fibre** 5g, **sodium** 591mg • **Carb exchanges** 4 • **GI estimate** medium

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

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MEAT-FREE dinners

Trying to include more vegies in your diet, or perhaps going meatless once a week? We've got you covered with these tasty plant-focussed meals.

VEGAN KEBABS

Recipe, page 40

HEALTH TIP

To boost the protein content of this meal, try adding 400g firm tofu, cut up into cubes and threaded amongst the vegetables on each skewer.

NUTRITIONAL INFO

PER SERVE 1910kJ (366Cal), **protein** 16g, **total fat** 31g (sat. fat 4g), **carbs** 19g, **fibre** 15g, **sodium** 92mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb**

GFO

HERBY PANEER BAKED RICE

PREP 10 MINS **COOK** 25 MINS
SERVES 2 (AS A MAIN)

110g (½ cup) basmati rice
1 tbsp olive oil
Freshly ground black pepper
400ml salt-reduced vegetable stock or gluten-free stock, heated in saucepan until hot
½ small bunch flat-leaf parsley, finely chopped
Zest and juice of 1 lemon
65g paneer, cut into 1½cm cubes
100g snow peas, halved lengthways
100g frozen peas

1 Preheat oven to 180°C (fan-forced). Put the rice and oil in a medium casserole dish. Season with pepper and toss to coat the rice in the oil. Add the stock, most of the parsley, most of the lemon zest and all the juice. Stir.

2 Dot the paneer cubes all over the top of the rice. Bake in preheated oven for 20 minutes or until the rice is very nearly cooked and the paneer is beginning to turn golden on top. Stir in the snow peas and peas. Return to the oven for 5-7 minutes or until the vegetables are cooked but still bright in colour. Sprinkle over the reserved parsley and lemon zest. Serve.

NUTRITIONAL INFO

PER SERVE 1720kJ (411Cal), **protein** 14g, **total fat** 15g (sat. fat 5g), **carbs** 50g, **fibre** 7g, **sodium** 582mg • **Carb exchanges** 3½ • **GI estimate** medium • **Gluten-free option**

LOWER-CARB OPTION

Replace the pasta with 200g Slendier Soy Bean Fettucine, cooked following packet instructions.

NUTRITIONAL INFO

PER SERVE 1730kJ (415Cal), **protein** 26g, **total fat** 25g (sat. fat 11g), **carbs** 15g, **fibre** 12g, **sodium** 420mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free** • **Lower carb**

CREAMY MUSHROOM & SPINACH PASTA

Recipe, page 40

CAULIFLOWER "WINGS" & ZESTY LENTIL SALAD

PREP 10 MINS **COOK** 30 MINS **SERVES** 2 (WITH LEFTOVERS FOR 1; AS A MAIN)

80g (½ cup) plain flour
1 tbsp smoked paprika
200g low-fat natural yoghurt
50ml water
265g cauliflower florets
25ml-50ml hot sauce (depending on how much heat you prefer)
2 tsp honey
Zest and juice of 1 lime
1 tbsp olive oil
150g watercress or mixed salad leaves
420g can no-added-salt brown lentils, rinsed and drained

1 Preheat oven to 200°C (fan-forced). Line a baking tray with baking paper. Put the flour and paprika in a bowl. Add the yoghurt and water. Whisk until you have a smooth batter. Toss in the cauliflower florets until coated and spread out in an even layer on the lined tray.

2 Bake the cauliflower, turning halfway during cooking, for 20-25 minutes or until crisp and golden. Put the hot sauce and 1 tsp of the honey in a medium non-stick frying pan to heat over medium heat. Add the cauliflower and toss to coat. Return to the lined tray and place in the oven for a further 5-8 minutes.

3 Meanwhile, whisk together most of the lime zest and all the juice, the remaining honey and the oil in a large bowl. Add the watercress and lentils and toss to combine. Divide the lentil salad between two shallow bowls. Top with the cauliflower "wings" and the remaining lime zest.

NUTRITIONAL INFO

PER SERVE 1510kJ (361Cal), **protein** 18g, **total fat** 8g (sat. fat 1g), **carbs** 52g, **fibre** 9g, **sodium** 554mg • **Carb exchange**s 3½ • **GI estimate** medium

GFO

COCONUT & CORN CURRY

PREP 10 MINS **COOK** 30 MINS **SERVES** 2 (AS A MAIN)

150g dried red lentils
1 tbsp olive oil
1 brown onion, finely sliced
4cm piece ginger, finely sliced, plus extra, to serve
1 tbsp ground turmeric
1-2 tsp curry powder or gluten-free curry powder
500ml (2 cups) hot water
250g baby corn, halved diagonally
170g tub Chobani Coconut yoghurt, whisked until smooth
½ small bunch coriander, leaves picked

1 Put the lentils in a sieve and rinse under running water until the water runs clean. Put the oil in a small saucepan over medium heat. Add the onion and cook, stirring often, for 8 minutes or until the onion softens. Add the ginger, turmeric and curry powder. Cook, stirring, for 1 minute. Stir in the lentils.

2 Add 400ml of the water to the pan and bring to the boil over high heat. Reduce heat to medium and simmer, stirring occasionally, for 15 minutes or until most of the water has been absorbed. Add the baby corn and remaining 100ml water. Cover and continue to simmer for 5-10 minutes or until the lentils are soft and the corn still has a little bite.

3 Add 110g of the coconut yoghurt to the pan and stir over low heat to warm through (do not let it boil). Divide the curry between serving bowls and top with the remaining coconut yoghurt and coriander leaves.

NUTRITIONAL INFO

PER SERVE 2030kJ (486Cal), **protein** 28g, **total fat** 13g (sat. fat 3g), **carbs** 54g, **fibre** 21g, **sodium** 479mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**

GFO LC

VEGAN KEBABS

PREP 30 MINS **COOK** 10 MINS **SERVES** 4 (AS A MAIN)

2 cloves garlic, crushed
1 tsp chilli flakes
3 sprigs rosemary, finely chopped
3½ tbsp olive oil
4 cap mushrooms, each cut into quarters
4 peaches, stone removed, each cut into quarters
2 large zucchini, each cut into 8 chunks
2 large red onions, each cut into 8 wedges (leave the root on)
Freshly ground black pepper
1 avocado
Juice of 1 lemon
50ml water
½ tsp wholegrain mustard or gluten-free mustard
120g mixed salad leaves
2 tbsp toasted mixed seeds (such as pepitas, sunflower seeds and sesame seeds)

1 Put the garlic, chilli flakes and rosemary in a small bowl. Add 3 tbsp of the oil. Stir. Set aside. Thread alternate pieces of mushroom, peach, zucchini and red onion onto each skewer – you can get two pieces of everything on each. Brush the kebabs with the flavoured olive oil and season with black pepper. Set aside. The kebabs can be made the day before and kept in the fridge.

2 Preheat barbecue grill, chargrill or grill on high.

3 Meanwhile, put the avocado, half the lemon juice and the water in a small food processor. Cover and blend until a smooth sauce. Season with pepper. Whisk the remaining lemon juice, remaining oil and the mustard together in a small bowl. Add the dressing and seeds to the salad leaves. Toss to combine. Serve the kebabs with the sauce and dressed salad.

4 Add the skewers to the grill and cook for 4-5 minutes on each side or until cooked through and nicely charred. Pile skewers onto a platter. Serve with the avocado dressing and salad.

NUTRITIONAL INFO

PER SERVE 1530kJ (366Cal), **protein** 7g, **total fat** 26g (sat. fat 4g), **carbs** 19g, **fibre** 12g, **sodium** 62mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

GFO LCO

CREAMY MUSHROOM & SPINACH PASTA

PREP 5 MINS **COOK** 20 MINS **SERVES** 2 (AS A MAIN)

1 tbsp olive oil
1 small brown onion, finely chopped
150g small button mushrooms, halved or thickly sliced
150g fresh fettucine or gluten-free pasta
2 cloves garlic, crushed
150g Philadelphia Light Cream for Cooking
2 tbsp grated parmesan
120g baby spinach leaves
Freshly ground black pepper
½ tsp chilli flakes (optional)

1 Heat the oil in a medium saucepan over medium heat. Add the onion and mushrooms and cook, stirring often, for 10 minutes or until the mushrooms soften and brown slightly.

2 Meanwhile, cook the pasta in a medium saucepan of boiling water, following packet directions or until al dente.

3 Add the garlic to the pan with the mushrooms and cook, stirring, for 2 minutes. Add the light cream for cooking and parmesan. Stir to combine. Toss in the baby spinach and set aside.

4 Remove the pasta from the heat and drain, reserving 1 tbsp of the cooking water. Toss the pasta in the creamy mushroom sauce, return to low heat and cook, tossing, for 5 minutes or until the spinach wilts. Pour in enough of the reserved water to loosen slightly. Season with black pepper and finish with a sprinkle of chilli flakes, if you like.

NUTRITIONAL INFO

PER SERVE 2120kJ (507Cal), **protein** 18g, **total fat** 24g (sat. fat 10g), **carbs** 49g, **fibre** 7g, **sodium** 422mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten-free option**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL PHOTOGRAPHY GETTY IMAGES
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

FANTASTIC FETA

HOW OUR FOOD WORKS FOR YOU
see page 88

This soft, white cheese with Greek origins is versatile and packs a flavour punch, with only a small amount needed to jazz up a dish

COOK'S TIP

Nigella seeds are black drop-shaped seeds that are traditionally used as a spice in Indian, Middle Eastern and North African cuisines. They have a slightly bitter, pungent flavour. Available at Harris Farm Markets, Asian food stores and online. You can replace the nigella seeds with black sesame seeds or white sesame seeds, although the flavour will differ slightly.

ZUCCHINI & FETA BAKE

Recipe, page 44

FETA & ROASTED TOMATO SHAKSHUKA

Recipe, page 44

GFO LC

ZUCCHINI & FETA BAKE

PREP 25 MINS (+ 20 MINS STANDING) **COOK** 40 MINS
SERVES 6 (AS A LIGHT MEAL)

4 tbsp olive oil
6 (about 325g) zucchini
2 green shallots, finely sliced
½ small bunch flat-leaf parsley, finely chopped
½ small bunch mint, finely chopped
½ small bunch dill, finely chopped, plus extra, to serve
4 x 60g eggs
75g salt-reduced haloumi, grated
100g reduced-fat feta, crumbled
2 cloves garlic, grated
75g (½ cup) plain flour or gluten-free flour
1 tsp baking powder or gluten-free baking powder
1 tbsp toasted sesame seeds, plus extra, to serve
1 tbsp nigella seeds, plus extra, to serve (see Cook's tip)
Freshly ground black pepper

1 Preheat oven to 180°C (fan-forced). Line a 25cm round ovenproof dish or cake tin with baking paper. Drizzle with 2 tsp oil to cover the surface.

2 Coarsely grate the zucchini and place into a clean tea towel. Wrap up the zucchini and squeeze out all of the excess liquid. Tip into a colander and set aside to drain completely.

3 Put the shallots, parsley, mint, dill, eggs, haloumi, feta, garlic, remaining oil, flour, baking powder, sesame seeds and nigella seeds in a large bowl. Add the drained zucchini and season with pepper. Mix until well combined.

4 Put the lined dish in the oven for 5 minutes to heat. Carefully remove the dish from the oven. Pour the zucchini mixture over the hot oil (this will ensure the mixture browns on the bottom). Sprinkle with the extra sesame and nigella seeds. Bake for 35 minutes or until golden brown on top. Set aside for 20 minutes. Sprinkle with the extra dill, to serve.

NUTRITIONAL INFO

PER SERVE 1330kJ (318Cal), **protein** 14g, **total fat** 23g (sat. fat 7g), **carbs** 13g, **fibre** 2g, **sodium** 427mg • **Carb exchanges** 1 • **GI estimate** medium • **Gluten-free option** • **Lower carb**

GFO LC

FETA & ROASTED TOMATO SHAKSHUKA

PREP 15 MINS **COOK** 40 MINS
SERVES 6 (AS A LIGHT MEAL)

6 tomatoes, halved
2 tsp olive oil, plus 1 tsp extra, to drizzle
Freshly ground black pepper
1 red onion, finely chopped
1 green capsicum, sliced into rounds
Pinch chilli flakes
2 cups baby spinach leaves
100g stale wholemeal bread or gluten-free bread, torn into bite-sized pieces
3 x 60g eggs
100g reduced-fat feta, crumbled
50g salt-reduced haloumi, grated

1 Preheat oven to 180°C (fan-forced). Arrange the tomatoes cut-side down in a roasting tin and spray with cooking spray. Season with pepper. Roast for 20 minutes. Set aside to cool.

2 Meanwhile, heat the 2 tsp of the oil in a medium non-stick frying pan over medium heat. Add the onions and cook, stirring often, for 8 minutes or until the onions start to caramelise.

3 Once the onions have softened, add the capsicum and season with pepper and the chilli flakes. Peel the skins from the roasted tomatoes. Add the tomatoes to the onions and capsicum along with all the resting juices. Use a wooden spoon to roughly crush the tomatoes. Increase heat to high and cook, stirring often, for 5 minutes. Add the spinach and cook, stirring, for 1 minute or until the spinach wilts. Remove the pan from the heat.

4 Tuck the bread pieces in amongst the tomato mixture. Use a spoon to create three gaps for the eggs in the mixture. Crack the eggs into the gaps, and sprinkle over the feta and haloumi. Drizzle with the extra oil and sprinkle with a pinch of chilli flakes.

5 Reduce the oven temperature to 140°C (fan-forced). Add the shakshuka and bake for 12-15 minutes. The eggs should be cooked but runny in the middle, and the feta, haloumi and bread should be crisp and golden.

NUTRITIONAL INFO

PER SERVE 883kJ (211Cal), **protein** 14g, **total fat** 10g (sat. fat 4g), **carbs** 14g, **fibre** 5g, **sodium** 407mg • **Carb exchanges** 1 • **GI estimate** medium • **Gluten-free option** • **Lower carb**

LC F

FETA & HERB BOREK

PREP 30 MINS **COOK** 30 MINS
SERVES 6 (AS A MAIN MEAL)

7 sheets chilled filo pastry
2 egg yolks (from 60g eggs)
2 tsp olive oil
Pinch each of nigella seeds and sesame seeds, to serve
3 carrots, sliced and steamed, to serve
2 bunches broccolini, steamed, to serve
2 bunches asparagus, steamed, to serve

FILLING
250g reduced-fat feta
1 green bird's eye chilli, finely chopped
3 green shallots, finely chopped
½ cup coriander, finely chopped
½ cup mint, finely chopped
½ cup dill, finely chopped
4 tbsp olive oil

SAUCE
1 x 60g egg, whisked well
2 tbsp olive oil
70ml skim milk

1 Preheat oven to 180°C (fan-forced). To make the filling, use a fork to mash the feta in a small bowl. Add the chilli, shallots, coriander, mint, dill and oil. Mix until well combined.

2 To make the sauce, whisk the egg, oil and milk in a small bowl.

3 Lay the filo sheets on a clean work surface and cover with a clean, damp cloth to ensure they don't dry out as you work. Spray the base of a shallow 20cm round ovenproof dish with cooking spray. Layer six sheets of filo in the bottom of the dish, overlapping them by about 45 degrees and fanning them out, ensuring that half of each sheet covers the base while the other half overhangs the dish. Between each addition, liberally brush the sheets with the sauce. The entire base should be covered with the filo, and the filo generously basted in the sauce.

4 Add the filling to the dish, then fold the overhanging filo over the filling to enclose it, brushing the sheets with more sauce as you do. Cover the top with a final sheet of filo, but don't brush this with the sauce.

5 Whisk the egg yolks with the oil. Brush the egg mixture over the borek. Sprinkle with the nigella seeds and sesame seeds. Bake for 30 minutes or until golden brown.

NUTRITIONAL INFO

PER SERVE 1790kJ (428Cal), **protein** 19g, **total fat** 30g (sat. fat 8g), **carbs** 17g, **fibre** 7g, **sodium** 624mg • **Carb exchanges** 1 • **GI estimate** low • **Lower carb**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

Your new go-to BBQ recipes for easy outdoor summer entertaining

fire IT UP!

GFO LC

BBQ KOFTE WITH WHIPPED FETA & TAHINI SLAW

PREP 15 MINS **COOK** 15 MINS **SERVES** 6 (AS A MAIN MEAL)

800g extra-lean beef mince
1 small brown onion, finely grated
Pinch dried chilli flakes
2 tsp ground cumin
1 tsp ground turmeric
Freshly ground black pepper
6 warm flatbreads (see recipe page 52) or bought gluten-free flatbreads
Handful of mint leaves
Pinch of ground sumac, to serve
3 tbsp pine nuts, toasted, to serve

WHIPPED FETA
150g reduced-fat feta, crumbled
2½ tbsp Greek natural yoghurt

TAHINI SLAW
2 carrots, coarsely shredded
¼ white or red cabbage, finely shredded
3 green shallots, shredded
2 tbsp tahini
2 tbsp olive oil
Squeeze of fresh lemon juice

1 Put the beef mince, onion, chilli flakes, cumin and turmeric in a large bowl. Season with pepper. Use clean hands to mix until well combined. Divide the mixture into 12 balls and mould onto metal skewers. Place in the fridge until ready to use.

2 Meanwhile, to make the whipped feta, put the feta and yoghurt in a small food processor or blender and process until smooth and creamy.

3 To make the tahini slaw; put the carrot, cabbage and shallots in a large bowl. Toss to combine. Whisk the tahini, oil, lemon juice and a splash of water in a small bowl. Add to the vegetable mix and toss to combine.

4 Preheat a barbecue grill or chargrill on high. Add the kofte and cook, turning regularly, for 8-10 minutes or until golden brown and cooked through.

5 Spoon the whipped feta over the warmed flatbreads and add the kofte. Serve with the slaw alongside, and sprinkle over the mint leaves, sumac and pine nuts.

NUTRITIONAL INFO

PER SERVE 2220kJ (531Cal), **protein** 50g, **total fat** 28g (sat. fat 8g), **carbs** 13g, **fibre** 14g, **sodium** 623mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option** • **Lower carb**

LOWER-CARB OPTION

Replace the flatbread with a lower carb wrap such as Woolworths Wholemeal Lower Carb Wraps.

NUTRITIONAL INFO

PER SERVE 3030kJ (724Cal), **protein** 48g, **total fat** 35g (sat. fat 8g), **carbs** 50g, **fibre** 6g, **sodium** 425mg • **Carb exchanges** 3½ • **GI estimate** medium • **Gluten-free option**

HOW OUR FOOD WORKS FOR YOU
see page 88

GFO

BUTTERMILK CHICKEN THIGHS WITH CHARRED ZUCCHINI SAUCE & PARMESAN PANGRATTATO

PREP 30 MINS (+ MARINATING) **COOK** 1 HOUR
SERVES 6 (AS A MAIN)

BUTTERMILK CHICKEN
300ml buttermilk
2 tbsp olive oil
2 tsp smoked paprika
2 cloves garlic, crushed
Freshly ground black pepper
8 skinless chicken thigh fillets, trimmed of fat

SAUCE
2 zucchini, halved lengthways
1 tbsp olive oil, plus 1 tsp extra oil
1 brown onion, finely chopped
2 cloves garlic, sliced
4 tomatoes, grated or finely chopped
150ml salt-reduced vegetable stock or gluten-free stock
2 tbsp red wine vinegar
1 tbsp honey

PANGRATTATO
150g sourdough bread or gluten-free bread, processed into breadcrumbs
2 tbsp olive oil
Zest of ½ lemon
1 tsp thyme leaves
1 tbsp finely grated parmesan

SIDE SALAD
200g mixed salad leaves
1 carrot, peeled into ribbons
2 tomatoes, cut into wedges
½ red onion, thinly sliced
Juice of ½ lemon
2 tsp extra virgin olive oil

1 To make the buttermilk chicken, put the buttermilk, oil, paprika and garlic in a large bowl. Season with pepper. Stir well. Add the chicken thighs and toss to coat. Cover and put in the fridge for up least 4 hours (or ideally overnight) to marinate.

2 To make the sauce, preheat a barbecue grill on high. Drizzle the zucchini with the 1 tsp extra oil. Add to the grill and cook for 10 minutes, turning often, or until the zucchini is really smoky and charred. Transfer to a board and set aside to cool slightly. Finely chop.

3 Heat 1 tbsp of oil in a large non-stick frying pan over medium heat. Add the onion and cook, stirring often, for 10-15 minutes or until the onion is very soft. Stir in the garlic and the grated tomato with all the juices from the chopping board. Stir. Bring to a simmer. Simmer, stirring often, for 15 minutes or until the sauce reduces. Stir in the vinegar and honey.

4 To make the pangrattato; put the breadcrumbs and oil in a bowl. Season with pepper and toss to coat. Add the breadcrumbs to a large non-stick frying pan and cook, stirring, over medium heat until the bread is crunchy and golden. Transfer to a bowl and set aside to cool for a few minutes. Stir in the lemon zest, thyme and parmesan.

5 Remove the chicken from the marinade, letting any excess drip off. Add to the grill and cook for 6-8 minutes each side or until charred and cooked through. Serve the chicken over the zucchini sauce and scatter over the crumbs.

NUTRITIONAL INFO

PER SERVE 2070kJ (495Cal), **protein** 31g, **total fat** 26g (sat. fat 6g), **carbs** 30g, **fibre** 6g, **sodium** 323mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

CHILLI PANEER SKEWERS WITH COCONUT RAITA & MANGO SALAD

PREP 20 MINS (+ 1 HOUR MARINATING) **COOK** 20 MINS **SERVES** 6 (AS A LIGHT MEAL)

6 x 70g naan, heated following packet directions, to serve

CHILLI PANEER SKEWERS
1 tbsp tomato purée
100g low-fat natural yoghurt
Juice of half a lemon
2-3 tsp kashmiri chilli powder (see Cook's tips)
3 tsp ground cumin
Freshly ground black pepper
400g paneer, cut into 2cm cubes
1 red capsicum, cut into 2cm squares
1 green capsicum, cut into 2cm squares

RAITA
½ Lebanese cucumber
200g Chobani coconut yoghurt
½ tsp honey
Handful of mint leaves, finely chopped
3 tbsp toasted coconut flakes

SALAD
2 firm but ripe mangoes
1 small red onion, thinly sliced
1 long thin red chilli, thinly sliced
Juice of 1 lime
Handful of mint leaves, chopped

1 To make the chilli paneer, whisk the tomato puree, yoghurt, lemon juice, chilli powder and cumin together in a bowl. Season with pepper. Add the paneer and turn to coat. Cover and place in the fridge for at least 1 hour, or longer if time permits, to marinate.

2 To make the raita; coarsely grate the cucumber and place in a sieve over a bowl. Set aside to drain for 10 minutes. Squeeze out any remaining water and transfer to a bowl. Add the yoghurt, honey, mint and coconut flakes. Mix to combine.

3 To make the salad; peel the mangoes with a vegetable peeler, then slice into thin cross sections, then into thin strips or use a julienne peeler. Place the mango in a bowl. Add the red onion, chilli and lime juice. Toss to combine. Set aside for up to an hour before serving. Just before serving fold in the mint.

4 Spray a grill or chargrill with cooking spray. Preheat on high. Thread the marinated paneer and capsicum onto metal skewers. Add to the barbecue and cook for 8-10 minutes, turning every few minutes, until the paneer is golden and charred and the capsicum is tender.

5 Serve the skewers with the salad, raita and naan bread.

NUTRITIONAL INFO

PER SERVE 2050kJ (490Cal), **protein** 22g, **total fat** 20g (sat. fat 10g), **carbs** 55g, **fibre** 9g, **sodium** 654mg • **Carb exchanges** 3½ • **GI estimate** medium

COOK'S TIPS

Kashmiri chilli powder is different from regular chilli powder or chilli flakes as it comes from Kashmiri chillies which give a different flavour. You can easily find it in Indian grocery stores or online. The best substitute is 3:1 smoky paprika to cayenne pepper. This gives you the smoky taste from paprika and a touch of heat from the cayenne pepper.

GFO LCO

GRIDDLED GREENS & RICOTTA FLATBREADS

PREP 15 MINS **COOK** 20 MINS **SERVES** 6 (AS A MAIN)

2 zucchini, trimmed and sliced into 5mm-thick lengthways strips
150g fresh peas in pods or sugar snap peas
1 bunch green shallots, trimmed
1 tbsp extra-virgin olive oil
Freshly ground black pepper
100g asparagus, trimmed, peeled into thin strips
Zest and juice of ½ lemon
200g reduced-fat ricotta
Handful of basil, finely shredded, plus extra leaves to serve
1 small clove garlic, crushed
2 tbsp finely grated parmesan
6 flatbreads (see recipe opposite) or gluten-free store bought, warmed on the BBQ
5 tbsp good-quality basil pesto
1 tbsp parmesan shavings

1 Preheat a barbecue chargrill plate or chargrill on high.

2 Put the zucchini, peas and green shallots in a bowl. Add the oil and season with pepper. Toss to combine. Add the vegetables to the grill and cook, turning occasionally during cooking, for 6-8 minutes or until tender and picking up char lines. Return the vegetables to the bowl and add the asparagus strips and the lemon juice.

3 Meanwhile, combine the ricotta, chopped basil, garlic and grated parmesan in a bowl. Season with pepper. Stir until well combined.

4 Spoon the ricotta mixture over the warm flatbreads and scatter over the charred vegetables and asparagus.

5 Scatter with a few spoons of pesto (loosen with a little lemon juice if you need to, to get a drizzling consistency), lemon zest, basil and parmesan shavings.

NUTRITIONAL INFO

PER SERVE 2020kJ (483Cal), **protein** 15g, **total fat** 23g (sat. fat 5g), **carbs** 50g, **fibre** 5g, **sodium** 349mg • **Carb exchanges** 3½ • **GI estimate** high • **Gluten-free option**

FLATBREADS

PREP 30 MINS (+ 1 HOUR PROVING) **COOK** 30 MINS
MAKES 8 (1 PER SERVE; AS A SIDE)

500g strong white bread flour, plus extra for dusting
7g pkt dried yeast
2 tsp caraway, fennel or cumin seeds
250ml (1 cup) lukewarm water
4 tbsp olive oil

1 Put the flour, yeast and seeds in a large bowl. Make a well in the centre and pour in the water and oil. Use your hands to knead in the bowl until the mixture comes together. Transfer to a lightly floured surface. Knead until smooth. Return to the bowl, cover and set aside for 1 hour to rise.

2 Preheat a barbecue grill on medium-high. Use your fist to knock the dough back down into the bowl. Divide the dough into 8 pieces. Roll each out on a lightly floured worksurface until about 5mm thick.

3 Transfer the bread (as many as can fit at once) to the grill and cook for 3-4 minutes or until it starts to bubble and release from the grill. Turn over and cook for 2-3 minutes on the other side until cooked through. Transfer to a clean dry tea towel and wrap up to keep warm. Repeat with the remaining flatbreads.

NUTRITIONAL INFO

PER SERVE 1260kJ (301Cal), **protein** 8g, **total fat** 10g (sat. fat 2g), **carbs** 44g, **fibre** 2g, **sodium** 3mg • **Carb exchanges** 3 • **GI estimate** high

LOWER-CARB OPTION

Replace the flatbread with a lower carb wrap such as Woolworths Wholemeal Lower Carb Wraps and serve as a light meal.

NUTRITIONAL INFO

PER SERVE 1270kJ (304Cal), **protein** 17g, **total fat** 18g (sat. fat 5g), **carbs** 12g, **fibre** 13g, **sodium** 595mg • **Carb exchanges** 1 • **GI estimate** low • **Lower carb**

GFO LCO

THYME, GARLIC & SOY STEAK CIABATTA SLABS WITH ROCKET & WASABI MAYO

PREP 20 MINS (+ OVERNIGHT MARINATING) **COOK** 10 MINS
SERVES 4 (AS A MAIN)

600g lean rump steaks, trimmed of fat
5 tbsp salt-reduced soy sauce or gluten-free soy sauce
Small handful thyme sprigs
3 cloves garlic, flattened with the side of a knife
2 tsp wasabi
4 tbsp 97% fat-free mayonnaise or gluten-free mayonnaise
1 tsp rice vinegar
1 tbsp olive oil
4 x 50g sourdough buns or gluten-free rolls
60g rocket leaves
120g radishes, sliced or cut into matchsticks

1 Put the steak in a shallow dish and pour over the soy sauce. Add the thyme and garlic, and mix well. Cover and set aside to marinate for at least 4 hours or overnight. Remove the steak from the fridge just as you go to preheat the barbecue.

2 Preheat a barbecue grill or chargrill pan on high. Combine the wasabi, mayonnaise and vinegar in a small bowl. Set aside.

3 Remove the steak from the marinade and brush with 2 tsp of the oil. Add to the grill and cook for 2-3 minutes each side for medium-rare or until cooked to your liking. Transfer to a plate and set aside to rest for 5 minutes.

4 Split the buns in half and cook on the chargrill for 30 seconds each side or until toasted. Diagonally slice the beef into thin strips. Toss the resting juices with the remaining oil and use to dress the rocket leaves. Add a spoon of mayonnaise to the cut sides of the buns and top with the steak, rocket and radishes. Serve.

NUTRITIONAL INFO

PER SERVE 1760kJ (421Cal), **protein** 39g, **total fat** 13g (sat. fat 3g), **carbs** 34g, **fibre** 3g, **sodium** 1010mg • **Carb exchanges** 2 ½ • **GI estimate** low • **Gluten-free option**

LOWER-CARB OPTION

Swap the sourdough rolls for 4 Macro Lower Carb Linseed & Sunflower bread rolls.

NUTRITIONAL INFO

PER SERVE 2350kJ (562Cal), **protein** 56g, 2 28g (sat. fat 6g), **carbs** 15g, **fibre** 6g, **sodium** 1010mg • **Carb exchanges** 1 • **GI estimate** low • **Lower carb**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

We all love a good bargain, here we have two meals for the effort of one!

SALSA VERDE SALMON WITH SMASHED CHICKPEA SALAD

Recipe, page 59

HOW OUR FOOD WORKS FOR YOU
see page 88

2-FOR-1 MEALS

GFO

PRAWN, PANCETTA & WATERCRESS RISOTTO

PREP 5 MINS **COOK** 30 MINS **SERVES** 2 (AS A MAIN) (+ 2 LUNCHBOX SERVES)

1 tbsp olive oil, plus 1 tsp extra
40g thinly sliced pancetta
1 large brown onion, finely chopped
200g arborio rice
2 cloves garlic, crushed
500ml (2 cups) boiling water
500ml (2 cups) salt-reduced vegetable stock or gluten-free stock, heated
200g watercress, stalks chopped or 200g baby spinach leaves
2 tbsp finely grated parmesan, plus extra, to serve
Freshly ground black pepper
Zest and juice of ½ lemon
180g green king prawns, peeled and deveined

1 Heat the 1 tbsp oil in a medium wide-based non-stick saucepan over medium heat. Add the pancetta and cook for 2 minutes. Transfer to a plate lined with paper towel. Add the onion to the pan and cook, stirring occasionally, for 5 minutes or until the onion softens.

2 Stir the rice and garlic into the onion and cook, stirring, for 2 minutes. Add half the boiling water and stock. Bring to the boil and simmer for 5 minutes or until the liquid is absorbed. Add the remaining boiling water and stock, a ladleful at a time, constantly stirring until the rice is tender, about 20 minutes.

3 Stir most of the watercress and the parmesan into the risotto. Season with pepper. Add the lemon zest and a squeeze of juice.

4 Spoon half the risotto onto a plate (use for lunch the next day, see lunchbox recipe p67). Add the prawns to the pan and cook for 2 minutes or until they turn pink. Toss the remaining watercress with the 1 tsp extra oil and remaining lemon juice. Serve over the risotto with half the prawns, pancetta and parmesan.

NUTRITIONAL INFO

PER SERVE 1470kJ (352Cal), **protein** 20g, **total fat** 10g (sat. fat 3g), **carbs** 41g, **fibre** 4g, **sodium** 777mg • **Carb exchanges** 2½ • **GI estimate** medium • **Gluten-free option**

GFO

GREEK FETA TRAYBAKE

PREP 10 MINS **COOK** 30 MINS
SERVES 2 (AS A MAIN) (+ 2 LUNCHBOX SERVES)

2 (66g) wholemeal pita pockets or gluten-free pita bread, cut into triangles
3 tsp olive oil
1 tsp dried oregano
Freshly ground black pepper
1 red onion, cut into thin wedges
420g can no-added-salt butter beans, drained and rinsed
2 zucchini, halved lengthways, diagonally sliced
100g cherry tomatoes on the vine
5 Kalamata olives, pitted and halved
100g reduced-fat feta, cut into bite-sized chunks
1 lemon, cut into wedges

1 Preheat oven to 200°C (fan-forced). Line a large baking tray with baking paper. Put the pita triangles on the lined tray. Drizzle over 1 tsp oil and scatter over half the oregano and pepper. Toss to combine. Arrange the pita pieces in a single layer and bake for 10 minutes or until golden and crunchy.

2 Remove the pita chips from the tray, then add the onion wedges, beans and zucchini. Coat with the remaining oil and oregano. Season with pepper. Roast for 10 minutes. Add the tomatoes and olives to the tray. Toss. Scatter the feta over the top. Roast for a further 10 minutes or until the vegetables are very soft and the feta is starting to turn golden.

3 Scatter the pita chips over the top or around the side of the tray. Squeeze over the lemon wedges. Serve two-thirds of the traybake. Leave the remaining one-third of the traybake to cool for use for lunch the next day, see lunchbox recipe p67.

NUTRITIONAL INFO

PER SERVE 1490kJ (357Cal), **protein** 19g, **total fat** 12g (sat. fat 4g), **carbs** 36g, **fibre** 10g, **sodium** 698mg • **Carb exchanges** 2½ • **GI estimate** medium • **Gluten-free option**

GFO LC

SALSA VERDE SALMON WITH SMASHED CHICKPEA SALAD

PREP 15 MINS **COOK** 20 MINS
SERVES 1 (AS A MAIN) (+ 2 LUNCHBOX SERVES)

2 tsp olive oil
Zest and juice of 1 orange
Freshly ground black pepper
2 x 150g skin-on, boneless salmon fillets
Small bunch flat-leaf parsley (including stalks), finely chopped
2 tsp Dijon mustard or gluten-free mustard
½ small red onion, finely chopped
2 tsp red wine vinegar
420g can no-added-salt chickpeas, drained and rinsed
2 drained roasted red peppers from a jar, chopped
50g kale, roughly chopped

1 Preheat a grill on high. Line a grill tray with foil. Whisk ½ tsp of the oil with the orange zest, a splash of the juice and freshly ground black pepper.

2 Add the salmon, skin-side down on the lined tray and pour over the marinade. Set aside to marinate.

3 Put the parsley, mustard, half the onion, the vinegar, 1 tsp of the remaining oil and orange juice in a small food processor. Cover and process until a thick sauce, adding a splash of water to loosen if needed.

4 Heat the remaining oil in a medium non-stick frying pan over medium heat. Add the remaining onion and cook, stirring occasionally, for 5 minutes. Stir in the chickpeas. Season with pepper. Increase heat to high and cook for 3-4 minutes or until the chickpeas are just starting to crispen. Use a potato masher to roughly mash. Stir in the roasted peppers and kale. Add a splash of water and cover with a lid until the kale wilts. Remove pan from heat and set aside, covered.

5 Meanwhile, place the salmon under the grill and cook for 4-6 minutes or until cooked to your liking. Spoon half the chickpeas onto a serving plate. Top with one of the salmon fillets. Spoon over some of the salsa verde. Set the remaining salmon fillet aside to cool (use for lunch the next day, see lunchbox recipe p67).

NUTRITIONAL INFO

PER SERVE 2260kJ (539Cal), **protein** 39g, **total fat** 30g (sat. fat 7g), **carbs** 23g, **fibre** 10g, **sodium** 286mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

CHICKEN & SWEET CORN TACOS

PREP 30 MINS **COOK** 30 MINS
SERVES 4 (AS A MAIN) (+ 4 LUNCHBOX SERVES)

250g (1⅔ cup) plain flour, plus extra, for dusting
2 tbsp olive oil
125ml-150ml water
1 tbsp salt-reduced taco seasoning
400g skinless chicken breasts, trimmed of fat, sliced
¼ red cabbage, finely shredded
3 limes, 1 juiced, 2 cut into wedges
Small bunch coriander, chopped
Freshly ground black pepper
4 cobs corn, kernels sliced off or 300g frozen sweetcorn
420g can no-added-salt black beans, drained and rinsed
2 cloves garlic, crushed
4 tbsp fat-free natural yoghurt, to serve
Chilli sauce, to serve

1 Combine the flour with half the oil in a bowl. Pour over 125ml (½ cup) of the water, adding the rest if needed, to bring together with your hands into a soft dough. Cut into 12 equal pieces. Roll all the pieces out on a floured work surface until they are as thin as you can get them.

2 Heat a medium non-stick frying pan over medium-high heat and cook the tortillas for 2-3 minutes on each side until golden and toasted (do this one at a time). Leave four tortillas to cool, then cover and reserve for lunch the next day, see lunchbox recipe p67. Wrap the remaining tortillas in foil to keep warm.

3 Put the chicken in a bowl and sprinkle over the taco seasoning. Toss to combine. Put the cabbage, lime juice and half the coriander in a medium bowl. Season with pepper. Toss to combine. Set aside to pickle.

4 Meanwhile, heat a medium and large non-stick frying pan over high heat. Divide the remaining oil between the pans. Add the corn to the medium frying pan and cook, stirring occasionally, until golden – you want the sweetcorn to char slightly, as this adds flavour, so you may need to leave it to cook undisturbed for a bit. While the corn cooks and chars, add the chicken to the second pan and cook for 5-6 minutes or until cooked through and golden (you may need to do this in batches).

5 Add the black beans and garlic to the corn and cook, stirring, for 1-2 minutes to warm through. Squeeze over two of the lime wedges.

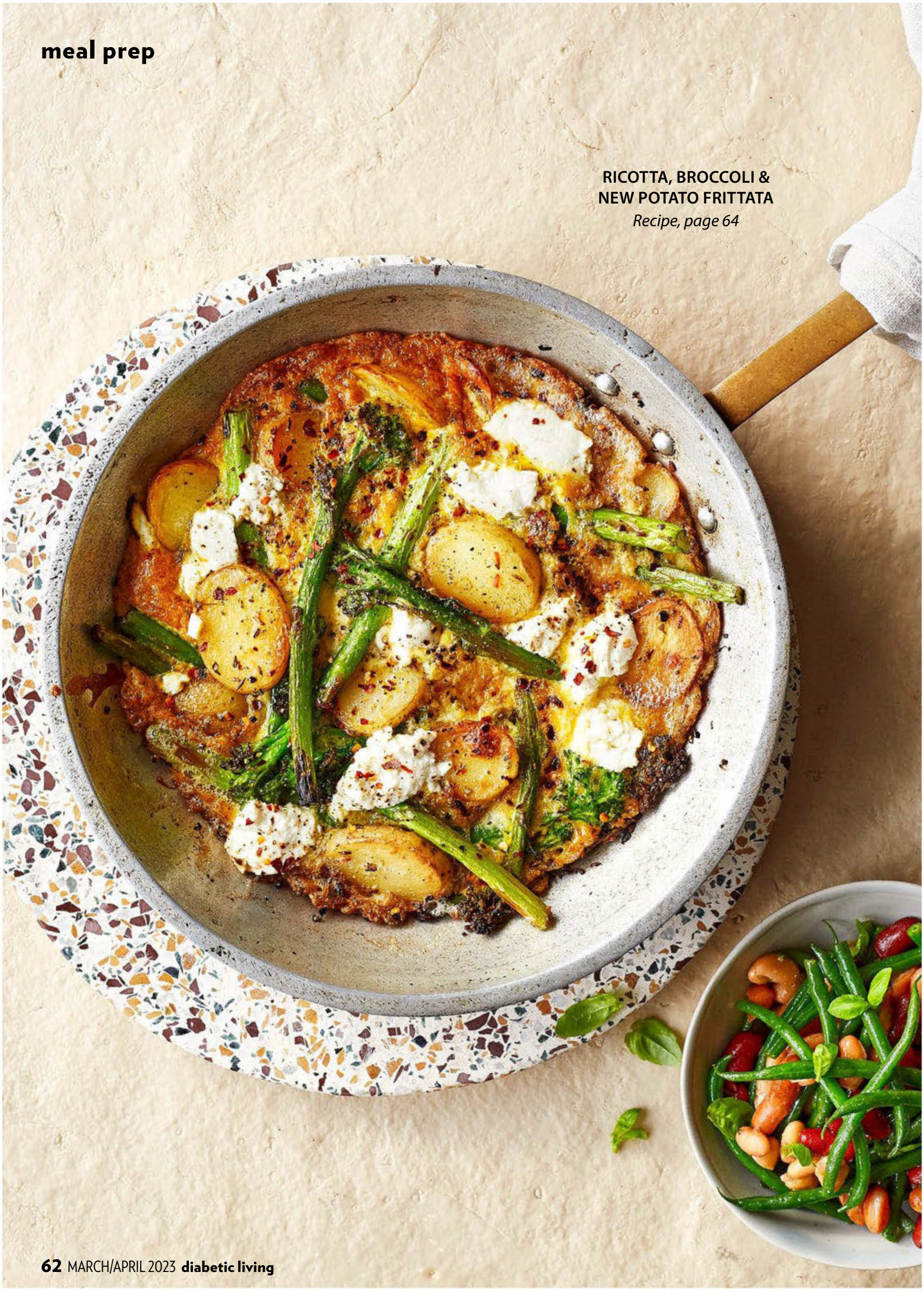
6 Reserve two spoonfuls each of the chicken (about 1 chicken breast) and corn mix for use for lunch the next day, see lunchbox recipe p67. Serve the rest in bowls alongside the cabbage, yoghurt, lime wedges, remaining coriander, chilli sauce and tortillas for everyone to dig into.

NUTRITIONAL INFO

PER SERVE 1960kJ (468Cal), **protein** 25g, **total fat** 14g (sat. fat 3g), **carbs** 54g, **fibre** 8g, **sodium** 437mg • **Carb exchanges** 3½ • **GI estimate** medium

RICOTTA, BROCCOLI & NEW POTATO FRITTATA

Recipe, page 64



GFO

CHARRED CAULIFLOWER, LEMON & CAPER ORZO

PREP 10 MINS **COOK** 20 MINS **SERVES** 1 (AS A MAIN) (+ 1 LUNCHBOX SERVE)

½ (300g) cauliflower, broken into florets, stalk chopped into cubes
2 tsp olive oil
Freshly ground black pepper
100g orzo or small gluten-free pasta
2 tsp capers in vinegar, drained and rinsed
1 small clove garlic, sliced
Zest and juice ½ lemon
100ml salt-reduced vegetable stock or gluten-free option
30g rocket or spinach leaves, to serve

1 Preheat grill on high. Line a grill tray with foil. Put the cauliflower and oil in a bowl. Season with pepper and toss to coat. Tip onto the lined tray and grill for 15-20 minutes or until golden, charred and tender all the way through.

2 Meanwhile, cook the orzo in a saucepan of boiling water for 8 minutes or until al dente. Drain.

3 Heat the remaining oil in a medium non-stick frying pan over medium heat. Add the capers and garlic and cook, stirring, for 1-2 minutes or until golden. Stir in the orzo, cauliflower, lemon zest and juice and the stock. Simmer for 1 minute. Spoon two-thirds into a bowl and top with the rocket. Leave the remaining one-third to cool, as leftovers for lunch the next day, see lunchbox recipe p67.

NUTRITIONAL INFO

PER SERVE 1520kJ (363Cal), **protein** 14g, **total fat** 8g (sat. fat 1g), **carbs** 53g, **fibre** 6g, **sodium** 364mg • **Carb exchanges** 3 ½ • **GI estimate** low • **Gluten-free option.**

GF LC

RICOTTA, BROCCOLI & NEW POTATO FRITTATA

PREP 5 MINS **COOK** 25 MINS **SERVES** 2 (AS A MAIN) (+ 2 LUNCHBOX SERVES)

100g Zerella Spud Lite baby potatoes, unpeeled
1 bunch broccolini
200g green beans, trimmed and halved
420g can no-added-salt four bean mix, drained and rinsed
3 tsp olive oil
2 cloves garlic, crushed
Pinch of chilli flakes, cumin seeds or fennel seeds
Freshly ground black pepper
4 x 60g eggs
50g light ricotta
1 tsp sherry vinegar
½ small bunch basil, roughly chopped (optional)

1 Put the potatoes in a small saucepan of cold water. Cover and bring to the boil over high heat. Reduce heat to medium and cook, partially covered, for 10-15 minutes or until tender, adding the broccoli for the last 2 minutes of cooking. Drain. Set aside to cool slightly. Thickly slice the potatoes.

2 Meanwhile, put the green beans and mixed beans in a small saucepan and cover with water. Cover and bring to a simmer over medium heat. Simmer for 2-3 minutes or until the green beans are tender. Drain and set aside to steam-dry.

3 Preheat a grill on high. Heat 2 tsp of the oil in a medium non-stick frying pan over medium heat. Add the garlic and cook, stirring, for 1 minute. Add the chilli flakes and cook, stirring, for 1 minute. Add the potatoes and broccoli. Season with pepper. Toss to coat in the oil.

4 Put the eggs in a jug. Season with pepper. Whisk well to combine. Pour the egg mixture over the potato mixture. Cook over medium heat for 2 minutes or until the base is set. Spoon teaspoons of the ricotta on top. Cook under grill for 4-5 minutes or until cooked through.

5 Meanwhile, drizzle the remaining oil over the bean mixture with the vinegar. Stir in the basil, if using, and season with pepper.

6 Slice the frittata into four wedges, and serve two with half the bean salad on the side. Chill the remaining wedges and bean salad to use in the lunchboxes on p67.

NUTRITIONAL INFO

PER SERVE 1000kJ (240Cal), **protein** 17g, **total fat** 10g (sat. fat 2g), **carbs** 17g, **fibre** 8g, **sodium** 121mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free** • **Lower carb**

GFO

PORK & EGGPLANT NOODLE STIR-FRY

PREP 10 MINS **COOK** 35 MINS **SERVES** 2 (AS A MAIN) (+ 2 LUNCHBOX SERVES)

2 tsp peanut oil
200g lean pork mince
1 eggplant, cut into small cubes
2 nests (100g) medium egg noodles or gluten-free noodles
1 tbsp salt-reduced soy sauce or gluten-free soy sauce
3 tbsp rice vinegar
2 tsp cornflour or gluten-free cornflour
2 tbsp water
4cm piece ginger, peeled and ½ grated, ½ cut into matchsticks
3 cloves garlic, crushed
½-1 red chilli, finely chopped
½ bunch green shallots, thinly sliced
2 pak choi or bok choy, leaves separated or sliced

1 Heat the oil in a wok over high heat. Add the mince and stir-fry for 6-8 minutes or until the mince browns and starts to crispen at the edges. Add the eggplant and stir-fry for a further 15 minutes or until the eggplant is soft and translucent.

2 Meanwhile, cook the noodles following packet instructions. Drain. Combine the soy sauce, vinegar, cornflour and water in a small bowl. Set aside.

3 Add the grated ginger and ginger matchsticks, the garlic and chilli to the mince and stir-fry for 1 minute. Add the green shallots and pak choi. Stir-fry for 2 minutes. Add the sauce and cook, stirring, until it has thickened slightly and coats the eggplant.

4 Spoon half the stir-fry into a bowl and set the remaining pork mixture aside to cool to use for lunch the next day, see lunchbox recipe p67. Toss the drained noodles with the remaining stir-fry in the wok until the noodles are coated in the sauce. Divide between warmed serving bowls.

NUTRITIONAL INFO

PER SERVE 1310kJ (312Cal), **protein** 21g, **total fat** 6g (sat. fat 1g), **carbs** 41g, **fibre** 7g, **sodium** 386mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free option**

GFO

CHARRED CAULIFLOWER,
CAPER & ORZO SALAD

GFO LC

PORK & EGGPLANT
LETTUCE CUPS

GFO LC

SALMON & SMASHED
CHICKPEA SALAD

GFO LC

SPICED RICOTTA &
BROCCOLI FRITTATA

GF

WATERCRESS
RISOTTO

LC

CHICKEN &
CORN WRAPS

GF

ROASTED VEG
& FETA PITAS

NOW FOR

PORK & EGGPLANT LETTUCE CUPS

Mix the leftover stir-fry with 1 tbsp chopped peanuts or cashews and 2 tsp chilli sauce or gluten-free sauce, then put into bento-style lunchboxes alongside the leaves of Little Gem lettuce, 1 small carrot, cut into sticks, and lime wedges, if you like. Spoon the stir-fry into the lettuce leaves and scatter over the toppings. ***Serves 2.***

NUTRITIONAL INFO

PER SERVE 777kJ (186Cal), **protein** 16g, **total fat** 8g (sat. fat 2g), **carbs** 10g, **fibre** 7g, **sodium** 370mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten-free option** • **Lower carb**

CHARRED CAULIFLOWER, CAPER & ORZO SALAD

Pack the leftover orzo into a lunchbox and stir in a handful of rocket. Top with 3 pitted and halved kalamata olives, 50g sliced marinated artichokes and some lemon zest. ***Serves 1.***

NUTRITIONAL INFO

PER SERVE 1140kJ (273Cal), **protein** 9g, **total fat** 12g (sat. fat 1g), **carbs** 29g, **fibre** 7g, **sodium** 709mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

SALMON & SMASHED CHICKPEA SALAD

Put the leftover chickpea salad into two lunchboxes topped with 150g halved cherry tomatoes. Flake over the leftover salmon, and top with the remaining salsa verde. Chill overnight, or until ready to eat. ***Serves 2.***

NUTRITIONAL INFO

PER SERVE 1180kJ (281Cal), **protein** 20g, **total fat** 15g (sat. fat 3g), **carbs** 13g, **fibre** 6g, **sodium** 151mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**

SPICED RICOTTA & BROCCOLI FRITTATA

Pack the leftover frittata wedges and bean salad into lunchboxes and drizzle over some sriracha or pesto, if you like. Chill until ready to serve. ***Serves 2.***

NUTRITIONAL INFO

PER SERVE 1000kJ (240Cal), **protein** 17g, **total fat** 10g (sat. fat 2g), **carbs** 17g, **fibre** 8g, **sodium** 121mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten free** • **Lower carb**

CHICKEN & CORN WRAPS

Dollop 1 tbsp fat-free natural yoghurt onto each of the 4 tortillas (from recipe) and top with the leftover chicken, corn mix, and any leftover cabbage. Add 50g shredded lettuce, 1 small avocado, sliced, or any veg you fancy. Roll up the tortillas, sealing the ends, and wrap in foil. Chill in the fridge until ready to eat. ***Serves 4***.

NUTRITIONAL INFO

PER SERVE 1060kJ (253Cal), **protein** 13g, **total fat** 10g (sat. fat 2g), **carbs** 25g, **fibre** 4g, **sodium** 111mg • **Carb exchanges** 1½ • **GI estimate** medium • **Lower carb**

WATERCRESS RISOTTO

Divide the leftover risotto between two lunchboxes and top with the remaining pancetta. Warm through and serve with a handful of watercress or salad. ***Serves 2.***

NUTRITIONAL INFO

PER SERVE 1280kJ (307Cal), **protein** 11g, **total fat** 10g (sat. fat 3g), **carbs** 41g, **fibre** 5g, **sodium** 610mg • **Carb exchanges** 2½ • **GI estimate** medium • **Gluten-free option**

ROASTED VEG & FETA PITAS

Fill 1 toasted and halved pita bread or gluten-free pita with the leftover veg, feta and beans, top each half with 1 tsp hummus or yoghurt. Serve each portion with 30g salad leaves. ***Serves 2***.

NUTRITIONAL INFO

PER SERVE 1190kJ (284Cal), **protein** 13g, **total fat** 8g (sat. fat 2g), **carbs** 35g, **fibre** 7g, **sodium** 548mg • **Carb exchanges** 2½ • **GI estimate** medium • **Gluten-free option**

LUNCH!

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA;
ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

YES, WHEY!

Australian-owned Isowhey shakes can help you manage your health

PROTEIN OATS

PREP 10 MINS (+ OVERNIGHT REFRIGERATION) **SERVES** 2

2 heaped scoops (64g) ISOWHEY Strawberry Smoothie
1 cup (150g) frozen mixed berries, thawed, undrained
280g low-fat high-protein natural yoghurt
2 tsp maple syrup
2 tsp vanilla extract
1 tsp ground cinnamon
1 cup (90g) rolled oats
1 large zucchini (150g), grated
60g strawberries, sliced

1 Blend ISOWHEY, berries, yoghurt, maple syrup, vanilla and cinnamon until smooth.

2 Place oats and yoghurt mixture in a medium bowl with all but ¼ cup of the zucchini; stir to combine. Cover bowl; refrigerate overnight.

3 Spoon oat mixture between two 2-cup (500ml) glasses or jars, layering with reserved zucchini. Serve topped with strawberries.

NUTRITIONAL INFO

PER SERVING 6.9g **total fat** (2.4g saturated fat); 1822kJ (435 cal); 51.4g **carbohydrate**; 37.1g **protein**; 11.8g **fibre**

LOADED SCHNITZELS

PREP + COOK 35 MINS **SERVES** 4

8 chicken tenderloins (500g)
2 tbsp wholemeal plain flour
2 extra-large egg whites (60g eggs)
1 cup (75g) panko (Japanese) breadcrumbs
30g salt-reduced taco seasoning mix
400g can diced tomatoes, strained
150g chargrilled peppers, sliced
⅓ cup (95g) low-fat greek yoghurt
½ small avocado (100g),diced
½ cup coriander leaves
2 baby cos lettuce (260g), quartered lengthways
70g low-salt tortilla strips or corn chips
1 lime (65g), halved, to serve

1 Preheat oven to 200°C. Line a large oven tray with baking paper.

2 Place chicken in a bowl, dust with flour and toss well to coat. Beat egg whites in a bowl with a fork until frothy. Combine breadcrumbs and taco seasoning in a third bowl.

3 Dip one piece of chicken at a time in egg white, then in breadcrumb mixture, pressing firmly to coat; transfer to lined tray. Repeat with remaining chicken. Spoon tomatoes over the middle section of chicken pieces, leaving ends uncovered; top with peppers. Bake for 20 mins or until light golden and chicken is cooked through.

4 Serve chicken schnitzels with yoghurt, avocado, coriander, lettuce wedges and tortilla strips. Squeeze over lime juice and season with pepper.

NUTRITIONAL INFO

PER SERVING 13g **total fat** (4.2g saturated fat); 1829kJ (437 cal); 37.7g **carbohydrate**; 37.9g **protein**; 6.1g **fibre**

5 VEG AND LENTIL COTTAGE PIE

PREP + COOK: 35 MINS **SERVES** 4

olive oil cooking spray
1 medium brown onion (180g), chopped finely
200g button mushrooms, chopped finely
300g extra lean beef mince
400g can crushed tomatoes with garlic and herbs
½ cup (95g) split red lentils
1 tbsp worcestershire sauce
350g cauliflower florets (½ head)
200g peeled and diced sweet potato
⅓ cup (40g) shredded light tasty cheese
¼ cup flat-leaf parsley

1 Heat a large ovenproof frying pan over medium-high; spray lightly with olive oil. Cook onion and mushrooms, stirring for 4 mins or until onion softens.

2 Add mince to pan; cook, breaking it up with a wooden spoon for 5 mins or until evenly browned. Stir in tomatoes, 1½ cups water, lentils and Worcestershire sauce;

3 Simmer over low heat for 15 mins or until lentils are tender and sauce thickens.

4 Meanwhile, place cauliflower and sweet potato in a medium saucepan; cover with water. Bring to boil over high heat; cook for 8 mins or until tender. Drain well.

5 Using a stick blender, blend until smooth; season. Spread mash over top of dish Scatter with tasty cheese.

7 Preheat oven grill to high. Cook cottage pie under oven grill for 5 mins or until cheese melts and turns golden.

8 Serve topped with parsley leaves.

NUTRITIONAL INFO

PER SERVING 16g **total fat** (5.7g saturated fat); 1835kJ (438 cal); 30g **carbohydrate**; 39g **protein**; 8.8g **fibre**

Can you take your MEDS for 8 weeks?

If you're looking for a structure to help with your health and wellness journey, take a look at the IsoWhey 8-week challenge. It's based on **m**indfulness, **e**xercise, **d**iet, and **s**leep. MEDS is described as a holistic approach to weigh loss and health. For more information about this free program visit *www.isowhey.com.au/pages/challenges*

5 healthy ways with STEAK

Got a meat lover at your place? Red meat is a great source of protein and iron, as well as other nutrients like zinc and vitamin B12.

HOW OUR FOOD WORKS FOR YOU
see page 88

Baked sweet potato with steak fajita filling
Recipe, page 72

GF

BAKED SWEET POTATO WITH STEAK FAJITA FILLING

PREP 20 MINS **COOK** 55 MINS
SERVES 4 (AS A MAIN)

4 x 200g orange sweet potato, unpeeled
2 tbsp olive oil, plus 1 tbsp extra to rub on the potatoes
Freshly ground black pepper
Juice of 1 lime
2 tsp Mexican spice blend
1 tsp garlic powder
1 tsp ground cumin
500g lean beef rump steak, trimmed of fat, cut into 2cm-thick strips
2 brown onions, thinly sliced
3 capsicums (combination of orange, yellow and red), thinly sliced
½ cup coriander, chopped
2 small avocadoes, halved, stoned and peeled

1 Preheat oven to 200°C (fan-forced). Wash the sweet potatoes and prick them with all over with a a fork. Rub the potatoes with a little olive oil and season with pepper. Wrap each potato in foil and place on a baking tray. Bake for 45-55 minutes or until soft.

2 To make the marinade, put the lime juice, spice blend, garlic powder, cumin and 1 tablespoon olive oil in a bowl. Season with pepper. Stir to combine. Pour half the marinade into a second bowl. Add the steak to one of the bowls and mix well. Add the onions and capsicums to the other bowl and mix to ensure everything is evenly coated. Cover both bowls in plastic wrap and place in the fridge until needed.

3 When the sweet potatoes have about 20 minutes left to cook, heat the remaining oil in a large non-stick frying pan over medium heat. Add the onion and capsicum mixture and cook, stirring often, for 12-15 minutes or until they go soft and start to glisten and brown. Transfer to a plate. Wipe the pan out with paper towel. Add the steak to the pan and cook, stirring often, for 3-5 minutes. Return the onions and capsicum to the pan for 2-3 minutes or until heated through. Remove the pan from the heat and stir through most of the coriander.

4 Mash the avocado in a bowl with a fork. Stir in the remaining coriander. Season with pepper.

5 To serve, halve each sweet potato lengthways, mash the insides with a fork, then top with a spoonful of the steak fajita mixture and a dollop of mashed avocado.

NUTRITIONAL INFO

PER SERVE 2270kJ (544Cal), **protein** 33g, **total fat** 25g (sat. fat 4g), **carbs** 40g, **fibre** 15g, **sodium** 105mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten free**

GF LC

STEAK, BEETROOT, HORSERADISH & WARM LENTIL SALAD

PREP 10 MINS **COOK** 10 MINS
SERVES 4 (AS A LIGHT MEAL)

1 tbsp horseradish cream
2 tbsp Greek natural yoghurt
½ tsp honey
2 tbsp fresh lemon juice
Freshly ground black pepper
200g beef fillet steak, trimmed of fat
1½ tbsp olive oil
2 cloves garlic, crushed
200g frozen peas
1 x 420g can no-added-salt brown lentils, rinsed and drained
120g green beans, trimmed, sliced
200g cooked beetroots, cut into wedges
½ bunch dill, chopped
2 cups rocket leaves

1 Whisk the horseradish, yoghurt and honey in a small bowl. Add the lemon juice. Season with pepper. Set aside.

2 Season both sides of the steak with pepper. Heat 2 tsp of the oil in a medium non-stick frying pan over medium-high heat. Add the steak and cook for 2-2½ minutes each side for medium-rare or until cooked to your liking. Transfer to a plate, cover loosely with foil and set aside.

3 Return the frying pan to medium heat. Add the remaining oil and heat. Add the garlic, peas, lentils, beans and beetroots. Cook, stirring often, until warmed through. Remove the pan from the heat and stir in the remaining lemon juice, dill and rocket.

4 Thinly slice the steak diagonally. Divide the lentil salad between serving plates. Add the steak and drizzle over the dressing.

NUTRITIONAL INFO

PER SERVE 1210kJ (289Cal), **protein** 20g, **total fat** 12g (sat. fat 3g), **carbs** 20g, **fibre** 10g, **sodium** 166mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free** • **Lower carb**

Steak, beetroot, horseradish & warm lentil salad

Recipe, opposite

GFO LCO

STEAK WITH GOULASH SAUCE & SWEET POTATO

PREP 10 MINS **COOK** 25 MINS
SERVES 2 (AS A MAIN)

250g orange sweet potato, unpeeled, cut into narrow chips
1 tbsp thyme leaves
3 tsp olive oil
1 brown onion, halved and sliced
1 green capsicum, finely chopped
2 cloves garlic, sliced
1 tsp smoked paprika
150ml water
85g cherry tomatoes, halved
1 tbsp tomato purée
1 tsp salt-reduced stock powder or gluten-free stock powder
2 x 125g beef fillet steaks, trimmed of fat
200g baby spinach leaves, steamed, to serve

1 Preheat oven to 220°C (fan-forced). Place a wire rack over a baking tray. Put the sweet potato, thyme and 2 teaspoons of the oil in a bowl. Toss to coat. Scatter over the rack and set aside.

2 Heat the remaining oil in a medium non-stick frying pan over medium heat. Add the onion and stir well. Cover and cook for 5 minutes. Remove the lid and stir, they should be a little charred. Stir in the capsicum and garlic. Cover the pan and cook for a further 5 minutes.

3 Add the potatoes to the oven and bake for 15 minutes.

4 Meanwhile, stir the paprika into the onion mixture. Add the water, cherry tomatoes, tomato puree and stock powder. Cover and simmer over medium heat for 10 minutes.

5 Spray both sides of the steak with cooking spray. Heat a medium non-stick frying pan over medium heat. Add the steak and cook for 2-2½ minutes each side for medium-rare or until cooked to your liking. Transfer to a plate, cover loosely with foil, and set aside to rest for 5 minutes. Slice diagonally.

6 Spoon the goulash sauce onto plates and top with the steak. Serve with the chips and spinach leaves.

NUTRITIONAL INFO

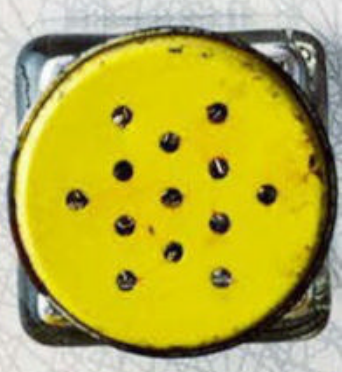
PER SERVE 1770kJ (423Cal), **protein** 37g, **total fat** 15g (sat. fat 4g), **carbs** 29g, **fibre** 14g, **sodium** 469mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

LOWER-CARB OPTION:

PER SERVE 1700kJ (407Cal), **protein** 37g, **total fat** 15g (sat. fat 4g), **carbs** 25g, **fibre** 14g, **sodium** 467mg • **Carb exchanges** 1½ • **GI estimate low** • **Gluten-free option** • **Lower carb**

LOWER-CARB OPTION

Reduce the sweet potato to 200g.



taylor's
eye
witness

GF

CHILLI BEEF WRAPS

PREP 5 MINS (+ 2 HOURS MARINATING) **COOK** 10 MINS
SERVES 2 (AS A MAIN MEAL)

150g lean rump steak, trimmed of fat, very thinly sliced
1 tsp Mexican spice blend
2 tsp ground cumin
2 cloves garlic, finely chopped
2 tsp olive oil
1 yellow capsicum, quartered and sliced
1 red onion, thinly sliced
2 tomatoes, chopped
420g can no-added-salt black beans, drained and rinsed
½ cup coriander leaves
4 Mission White Corn Tortillas

1 Put the steak, Mexican spice blend, cumin and garlic in a small bowl. Toss to coat. If you have time, set aside to marinate for 2 hours.

2 Heat the oil in a large wok over high heat. Once hot, add the beef and stir-fry for 1-2 minutes or until it just changes colour. Transfer to a plate.

3 Add capsicum and half the onion to the wok. Add 1 tablespoon water and stir-fry for 2 minutes or until the onion starts to soften. Add the tomatoes and beans and toss until heated through. Stir in coriander.

4 Meanwhile, preheat a chargrill on medium-high. Add the tortillas to the grill and cook for 1-2 minutes each side or until slightly charred.

5 Add the beef to the wok and toss to combine. Serve the chilli beef with the tortillas and the reserved onion and coriander.

NUTRITIONAL INFO

PER SERVE 1980kJ (472Cal), **protein** 35g, **total fat** 9g (sat. fat 2g), **carbs** 55g, **fibre** 14g, **sodium** 91mg • **Carb exchanges** 3½ • **GI estimate** low • **Gluten free**

GF

VIETNAMESE-STYLE STEAK & NOODLE SALAD

PREP 10 MINS **COOK** 15 MINS
SERVES 2 (AS A LIGHT MEAL)

70g Pandaoo Brown Rice Vermicelli
1 large carrot, peeled into ribbons
½ (250g) Chinese cabbage, shredded
4 green shallots, sliced
1 tsp olive oil
200g beef fillet steak, trimmed of fat
Freshly ground black pepper
½ bunch coriander, roughly chopped

DRESSING
1 red chilli, seeds removed and thinly sliced
Juice of 1 lime
2 tsp brown sugar
1 tsp rice wine vinegar
1 clove garlic, finely chopped
1 tbsp water
1½ tsp fish sauce

1 To make the dressing; put all the ingredients in a small bowl. Whisk until the sugar dissolves. Set aside.

2 Cook the noodles in a small saucepan of boiling water, following packet directions. Plunge into a bowl of cold water to cool completely. Drain the noodles and transfer to a bowl. Add the carrot, cabbage and green shallots. Toss to combine. Add the dressing and toss to coat.

3 Heat the oil in a medium non-stick frying pan over high heat. Season the steak with pepper. Add to the pan and cook for 2-3 minutes each side, for medium-rare or until cooked to your liking. Transfer to a plate, cover loosely with foil and set aside to rest for 5 minutes.

4 Divide the salad between serving plates. Diagonally slice the steak and place on top of the salad. Scatter over the coriander leaves and serve.

NUTRITIONAL INFO

PER SERVE 1480kJ (355Cal), **protein** 28g, **total fat** 8g (sat. fat 2g), **carbs** 39g, **fibre** 8g, **sodium** 534mg • **Carb exchanges** 2½ • **GI estimate** low • **Gluten-free**

RECIPES & PHOTOGRAPHY IMMEDIATE MEDIA; ADDITIONAL INFORMATION ALISON ROBERTS, SHANNON LAVERY (DIETITIAN)

HOW OUR FOOD WORKS FOR YOU
see page 88

IT ALL POINTS TO dessert

Enjoying the occasional dessert doesn't have to mean blowing your day out of proportion!

RASPBERRY LATTICE TART

6 PersonalPoints per serve

PREP 25 MINUTES **COOK** 50 MINUTES **SERVES** 8

40g caster sugar
300g frozen raspberries
1 tbsp (10g) cornflour
1½ sheets (270g) frozen reduced-fat shortcrust pastry, just thawed

1 To make raspberry filling, place sugar and 200g raspberries in a saucepan over medium heat and bring to a simmer. Simmer, stirring occasionally, for 5 minutes or until reduced by one-third. Whisk in cornflour and simmer, stirring, for a further 2 minutes or until mixture thickens slightly. Remove from heat, cool for 10 minutes, then fold through remaining raspberries. Set aside to cool completely.

2 Preheat oven to 180°C and line base of an 18 cm loose-base fluted round tart tin with baking paper. Gently press the whole pastry sheet over base and up side of tin. Cut halved pastry sheet lengthways into 16 long, thin strips.

3 Pour raspberry mixture into pastry case, then arrange pastry strips over filling in a criss-cross pattern and press around edge to seal. Trim off overhanging pastry. Bake for 35–40 minutes, until golden. Remove from oven and cool in tin for 10 minutes before serving.

TO REFRIGERATE: Store tart in a reusable container in the fridge for up to 5 days. Enjoy cold or reheat in microwave until warmed through.

TO FREEZE: Wrap individual slices and store in a reusable container for up to 3 months. Thaw slices at room temperature and serve cold, or warm in microwave.

NUTRITIONAL INFO

PER SERVE 670kJ (160Cal), **protein** 2g, **total fat** 5g (sat. fat 2g), **carbs** 24g, **fibre** 2g, **sodium** 213mg • **Carb exchanges** 1½ • **GI estimate** medium

REBECCA'S TIPS

If you can't find reduced-fat pastry, just use regular shortcrust pastry for 1 extra PersonalPoint.

Meal-plan Your Way to Weight Loss by WW Published by Pan MacMillan, RRP $39.99.

WENDY'S TIPS

- It's not essential to heat the brioche buns. Use them straight from the packet, if you prefer.
- Reusable piping bags are available from major supermarkets and kitchenware stores.

CHEAT'S MINI CHOCOLATE 'DONUTS'

3 PersonalPoints per donut

PREP 10 MINUTES **COOK** 5 MINUTES **MAKES** 4

4 x 20g mini brioche slider buns
1 tsp reduced-fat oil spread, melted
2 tbsp (30g) monk fruit sweetener

FILLING
20g sachet 99% sugar-free drinking chocolate
100g 99% fat-free plain yoghurt

1 Heat brioche buns in an air fryer at 180°C for 4–5 minutes, until warm.

2 Meanwhile, to make filling, combine drinking chocolate and yoghurt in a small bowl. Transfer to a small reusable piping bag, fitted with a 1cm plain nozzle.

3 Using a pastry brush, lightly brush buns with oil spread, then roll in sweetener to coat. Gently make a hole in the middle of each bun and pipe in filling. Serve.

NUTRITIONAL INFO

PER SERVE 379kJ (91Cal), **protein** 4g, **total fat** 3g (sat. fat 1g), **carbs** 11g, fibre 1g, **sodium** 164mg • **Carb exchanges** ½ • **GI estimate** high • **Lower carb**

NO-FUSS APPLE TURNOVER

3–9 PersonalPoints range per turnover

PREP 5 MINUTES **COOK** 1½ MINUTES **MAKES** 1

2 tbsp (25g) self-raising flour
1 tsp monk fruit sweetener
½ tsp ground cinnamon
1 egg
200g canned pie apple (100% apple)

1 Whisk flour, sweetener, cinnamon, egg and half the apple in a small bowl until combined. Spoon mixture into a WW omelette maker. Microwave on High (100%) for 1½ minutes.

2 Carefully turn out onto a plate, fill with the remaining apple and fold over to serve.

TO REFRIGERATE: Store turnover, covered, without filling (with remaining apple mixture in a separate container) for up to 1 day. Add remaining apples, following step 2 just before serving. Enjoy it chilled or microwave until warm.

NUTRITIONAL INFO

PER SERVE 1080kJ (258Cal), **protein** 9g, **total fat** 5g (sat. fat 1g), **carbs** 41g, **fibre** 6g, **sodium** 268mg • **Carb exchanges** 2½ • **GI estimate** medium

WENDY'S TIPS

This is delicious served with a little sugar-free maple syrup, 99% fat-free plain yoghurt, reduced-fat ice cream or a dusting of icing sugar or cinnamon.

REBECCA'S TIPS

For a firm, crunchy base, bake at 180°C for 20 minutes and cool completely before topping with the filling.

JAFFA JELLY SLICE

1–5 PersonalPoints range per serve
PREP 25 MINUTES + CHILLING **SERVES** 8

BASE
1 cup (90g) quick oats
200g medjool dates, pitted and quartered
1 tbsp (10g) cocoa powder
1 tbsp finely grated orange zest

FILLING
9g sachet low-sugar orange and mango jelly crystals
400g 99% fat-free plain Greek yoghurt

TOPPING
9g sachet low-sugar orange and mango jelly crystals
5g no-added-sugar dark chocolate

1 Lightly spray a 16 cm x 26 cm slice tin with oil and line base and sides with baking paper, extending paper 3 cm above edge of tin.

2 To make base, process all ingredients and 2 tablespoons water in a food processor until mixture comes together in a ball. Using damp fingertips, press mixture over base of prepared tin.

3 To make filling, mix jelly crystals with 2 tablespoons boiling water in a small jug until dissolved. Process jelly mixture and yoghurt in clean food processor until combined. Pour mixture over base. Refrigerate for 2–3 hours, until set.

4 Meanwhile, to make topping, mix jelly crystals with ½ cup (125ml) boiling water in a jug until dissolved, then stir in ½ cup (125ml) cold water. Stand at room temperature for 1 hour, stirring occasionally. Transfer to the fridge for the last hour of the filling setting time or until it starts to thicken, but don't allow it to set.

5 Pour topping over the back of a dessert spoon over filling (pouring over a spoon prevents damaging the top of the slice). Refrigerate for 2–3 hours, until topping is set.

6 To serve, use the lining paper to carefully lift the slice from tin. Grate chocolate over the top. Cut into 8 pieces.

TO REFRIGERATE: Store slice in a single layer in a reusable container for up to 5 days.

NUTRITIONAL INFO

PER SERVE 682kJ (163Cal), **protein** 7g, **total fat** 2g (sat. fat 1g), **carbs** 30g, **fibre** 4g, **sodium** 40mg • **Carb exchanges** 2 • **GI estimate** low

WENDY'S TIPS

Depending on the wattage of your microwave, you may need to microwave the mug muffin for an extra 30 seconds.

NUTRITIONAL INFO

PER SERVE 811kJ (194Cal), **protein** 13g, **total fat** 5g (sat. fat 1g), **carbs** 24g, **fibre** 1g, **sodium** 467mg
- **Carb exchanges** 1½
- **GI estimate** high

60-SECOND LEMON MUG CAKE

3–6 PersonalPoints range per cake
PREP 10 MINUTES **COOK** 1 MINUTE
MAKES 1

2 tbsp (25g) self-raising flour
½ tsp baking powder
1 tsp monk fruit sweetener
1 egg
1 tsp finely grated lemon zest, plus extra to serve
1 tsp lemon juice

TOPPING
2 tbsp (40g) 99% fat-free plain yoghurt
1 tbsp (20ml) sugar-free maple syrup
½ tsp icing sugar
1 tsp lemon juice

1 Lightly spray a 1 cup (250ml) capacity microwave-safe mug with oil. Place flour, baking powder and sweetener in a small bowl. Add egg, lemon zest and juice and whisk with a fork until well combined. Spoon mixture into prepared mug. Microwave on High (100%) for 1 minute or until set in the centre.

2 Meanwhile, to make topping, combine all ingredients in a small bowl. Pour topping over hot mug muffin and sprinkle with extra lemon zest to serve.

TO REFRIGERATE: Store cooked cake, covered, in mug, without topping, for up to 2 days. Reheat in microwave. Store topping separately in a reusable container for up to 3 days, or make when ready to serve.

TO FREEZE: Store cooked cake in mug, without topping, for up to 2 months. Thaw overnight in fridge and serve cold or reheat in the microwave until hot. Finish with topping when ready to serve.

WENDY'S TIPS

For maximum volume when beating, make sure you chill the evaporated milk in the fridge overnight, before making the flummery.

STRAWBERRY FLUMMERY

1-2 PersonalPoints range per serve

PREP 15 MINUTES + CHILLING **SERVES** 6

9g sachet low-sugar strawberry jelly crystals
250g fresh strawberries, sliced
1 cup (250ml) light evaporated milk, well chilled

1 Place jelly crystals in a small heatproof bowl. Add 50ml boiling water and stir until crystals are dissolved. Reserve 200g strawberries in fridge.

2 Process remaining strawberries and jelly mixture in a food processor until smooth. Set aside.

3 Beat evaporated milk in a large bowl with electric beaters until thick and doubled in volume. Add strawberry mixture and whisk to combine. Pour into a deep 20cm round serving bowl. Refrigerate for 1 hour or until set. Scatter over reserved sliced strawberries to serve.

TO REFRIGERATE: Store flummery, covered, for up to 3 days. Top with reserved strawberries just before serving.

NUTRITIONAL INFO

PER SERVE 241kJ (58Cal), **protein** 4g, **total fat** 1g (sat. fat 1g), **carbs** 8g, **fibre** 1g, **sodium** 55mg • **Carb exchanges** ½ • **GI estimate** low • **Gluten free** • **Lower carb**

COOK, EAT, ENJOY

Discover our supermarket favourites, learn kitchen hints, try some quick and easy recipes, all from food editor *Alison Roberts*

NUTS GALORE!

Mayver's, one of our favourites, has brought out 2 limited edition peanut butter flavours – Manuka and Berry. The Manuka Peanut Butter is made using Bee Products Manuka Honey, which is hand-harvested and contains 100% New Zealand honey. The Berry Peanut Butter is made with real berry goodness, featuring cranberries, blueberries, goji berries and is sweetened naturally with apple juice concentrate. RRP $7.50. Manuka flavour is available in Coles and Woolworths nationally. The Berry flavour is available exclusively in Woolworths stores nationally.

PEANUT BUTTER & BERRY PANCAKES

PREP & COOK 20 MINS **SERVES** 2 (AS A BREAKFAST)

2 x 60g eggs
35g (⅓ cup) rolled oats
1 ripe banana
1 tbsp Mayver's Limited Edition Berry Peanut Butter
½ cup raspberries
1 tbsp mixed dried berries
1 tbsp toasted coconut flakes

1 Combine the eggs, oats and banana in a blender. Blend until smooth.

2 Heat a large non-stick frying pan over medium-high heat. Add spoonfuls of the batter to the pan and cook for 1-2 minutes each side or until cooked through.

3 Drizzle pancakes with Mayver's Limited Edition Berry Peanut Butter, and top with raspberries, dried berries and coconut flakes.

PER SERVE 1240kJ (297Cal), **protein** 14g, **total fat** 14g (sat. fat 4g), **carbs** 26g, **fibre** 7g, **sodium** 94mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

PEANUT BUTTER & BERRY PANCAKES
RECIPE BY SUSIE BURRELL

SECOND DESSERT

GF

Cut two cheeks off a mango and score the flesh. Drizzle each cheek with 1 tbsp low-fat vanilla yoghurt, a little honey, 1 tbsp pistachio nuts and a little lime zest. Serves 2 (as a dessert).

PER SERVE 650kJ (156Cal), **protein** 3g, **total fat** 5g (sat. fat 1g), **carbs** 23g, **fibre** 2g, **sodium** 13mg • **Carb exchanges** 1½ • **GI estimate** low • **Gluten free**

SUPERMARKET CRUSH

Sorted drinks

Sorted is a new healthy soft drink alternative that doesn't compromise on taste. It contains up to 30% of your recommended daily fibre intake. Made from real fruit and vegetable colours and extracts. Three new flavours - cola, lemon and passionfruit - have been added to the existing range of blood orange, blackcurrant and mint & watermelon. *RRP $3.50 per can; available from independent retailers and online at drinksorted.com*

QUICK LUNCH IDEAS

GFO LC

TUNA & SWEET CHILLI WRAP

Combine 1 x 95g can drained tuna in springwater, 3 tsp 97% fat-free mayonnaise or gluten-free mayonnaise, 1 tsp sweet chilli sauce or gluten-free sweet chilli sauce and 1 tsp fresh lemon juice. Season with pepper. Top 1 Woolworths Lower Carb Wholemeal Wrap or gluten-free wrap with a handful shredded iceberg lettuce, ½ small grated carrot and a handful of coriander leaves. Top with tuna filling. Roll up. Cut in half and serve. Serves 1 (as a light meal).

PER SERVE 1130kJ (270Cal), **protein** 33g, **total fat** 5g (sat. fat 2g), **carbs** 18g, **fibre** 12g, **sodium** 611mg • **Carb exchanges** 1 • **GI estimate** low • **Gluten-free option** • **Lower carb**

GFO

SALMON & SALAD SANDWICH

Combine 2 tsp light sour cream, 1 tsp fresh lemon juice, 2 tsp chopped dill, 1 small finely chopped gherkin and pepper in a bowl. Spread 1 slice of soy & linseed bread or gluten-free bread with the sour cream mixture. Top with a handful of baby spinach or rocket leaves, 30g salt-reduced smoked salmon and ½ small carrot, peeled into ribbons. Top with a second slice of bread. Cut in half. Serves 1 (as a light meal).

PER SERVE 1270kJ (304Cal), **protein** 15g, **total fat** 11g (sat. fat 3g), **carbs** 31g, **fibre** 7g, **sodium** 514mg • **Carb exchanges** 2 • **GI estimate** low • **Gluten-free option**

LC

CURRIED EGG RYVITAS

Mash 2 x 60g hardboiled eggs with 2 tsp 97% fat-free mayonnaise, ¼ tsp curry powder, 1 tbsp chopped flat-leaf parsley and ¼ small finely chopped red capsicum. Season with pepper. Top 3 Multigrain Ryvitas with the egg mixture. Top with a handful of rocket or spinach leaves. Serve 1 (as a light meal).

PER SERVE 1300kJ (311Cal), **protein** 19g, **total fat** 13g (sat. fat 3g), **carbs** 24g, **fibre** 7g, **sodium** 337mg • **Carb exchanges** 1½ • **GI estimate** low • **Lower carb**

WORDS ALISON ROBERTS; PHOTOGRAPHY GETTY IMAGES. PRODUCT IMAGES SUPPLIED

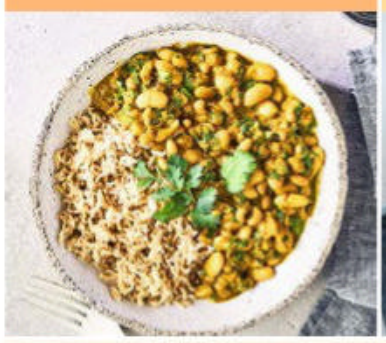
Plan your week,

Wondering what to eat this week? Try these delicious meal ideas

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
H_2O	Start each day with a glass of water. You should have 6-10 glasses a day,			
Breakfast	Peanut butter & berry pancakes (p 84)	**Keep your weekday breakfasts simple, delicious & nutritious with a range of store-bought cereals:** **1** Fill your bowl with ½-¾ cup of your choice of cereal – Uncle Toby's Plus range, Kelloggs Gaurdian, Freedom Foods Active Balance, Be Natural 5 Whole Grain Flakes.		
Snack	Small skim cappuccino & 2 fresh dates	2 Vita-Weats each topped with 20g reduced-fat cheddar	170g tub Chobani yoghurt	1 small apple, sliced & served with 2 tsp peanut butter
Lunch	Steak, beetroot, horseradish & warm lentil salad (p 72)	Salmon & smashed chickpea salad (p 67)	Zucchini & feta bake (p 44)	Salmon & salad sandwich (p 85)
Optional snack	1 cup fresh fruit salad	1 cup carrot sticks with 2 tbsp hummus	1 piece of fresh fruit	1 cup home-popped plain popcorn
Dinner	Salsa verde salmon with smashed chickpea salad (p 59)	Summer vegetable tostadas (p 16)	Tuna, olive & spinach spaghetti (p 18)	Chicken & pesto soup (p 19)
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert	Strawberry flummery (p 83)	1 piece of fresh fruit	60 second dessert recipe (p 85)	Cheat's mini chocolate 'donuts' (p 80)
Exercise	Aim for 20-60 minutes of moderate exercise each day.			

WORDS SHANNON LAVERY (DIETITIAN); PHOTOGRAPHY IMMEDIATE MEDIA, ADOBE STOCK

it's easy!

THURSDAY	FRIDAY	SATURDAY
		
depending on your exercise levels.		
2 Top with ½-¾ cup skim milk or diet vanilla yoghurt. **3** Add a sprinkle of unsalted nuts (~20g). **4** Finish off with 4 sliced strawberries or a handful of blueberries.		1-2 slices soy & linseed toast topped with 2 poached eggs and sliced tomato
Small skim cappuccino & 2 fresh dates	1 piece of fresh fruit	170g tub Chobani yoghurt
Curried egg Ryvitas (p 85)	Tuna & sweet chilli wrap (p 85)	Chilli paneer skewers with coconut raita & mango salad (p 50)
I cup celery & capsicum sticks with 2 tbsp hummus	2 Vita-Weats each topped with 20g reduced-fat cheddar	1 piece of fresh fruit
Bean curry (p 20)	Tofu omelettes with soy dressing (p 21)	Vietnamese-style steak & noodle salad (p 77)
have a couple of alcohol-free days a week.		
1 cup fresh fruit salad	Strawberry flummery (p 83)	60 second dessert recipe (p 85)
Always discuss your exercise plans with your doctor first.		

This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packaging or the nutrition info boxes near our recipes for nutritional analysis.

CHOCOLATE – THE DARKER THE BETTER!

Not all chocolates are equal when it comes to health. The healthier varieties of chocolate tend to be dark with the highest cocoa percentage. Cocoa is rich in flavonoids, a type of antioxidant, which has been linked with improved blood flow and potential heart health benefits. It is also a source of polyphenols that can act to lower cortisol, your stress hormone, and boost your mood. Plus, dark chocolate tends to be higher in important minerals such as magnesium, zinc, iron, phosphorus and copper. Dark chocolate is generally lower in added sugars and fat when compared to milk and white varieties, and there are even some varieties that contain no added sugar. But do not be fooled into thinking that this makes it an everyday food. All types of chocolate belong to the discretionary food group and should therefore only be eaten in small portions on an occasional basis.

BOTTOM LINE

When choosing chocolate, it is always best to choose **QUALITY** over **QUANTITY**. Enjoy dark chocolate varieties, containing at least 80% cocoa, in small portions (15-25g) one to two times a week and remember to eat it slowly and enjoy the experience – a little can go a long way!

Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

Our Nutritional info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

Serves 2 (as a main)
We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main meal of the day). When we say, "as an occasional dish", it should only be eaten as a treat, such as once a fortnight.

Brand names
We often use product names to make it easier to find nutritionally suitable brands when shopping.

Sugar or sugar substitute
In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Granulated sugar substitute
Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of granulated sugar substitute.

NUTRITIONAL INFO

PER SERVE 1960kJ (468Cal), **protein** 25g, **total fat** 14g (sat. fat 3g), **carbs** 54g, **fibre** 8g, **sodium** 437mg • **Carb exchanges** 3½ • **GI estimate** medium

CHICKEN & SWEET CORN TACOS
Recipe, page 61

Optional ingredients
Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Choice of ingredients
When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges
Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal.

Lower-carb option
When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. Nutrition information for this variation will be included, but please note the finished product will vary slightly from what is presented in the recipe picture. ■

CUT OUT & KEEP

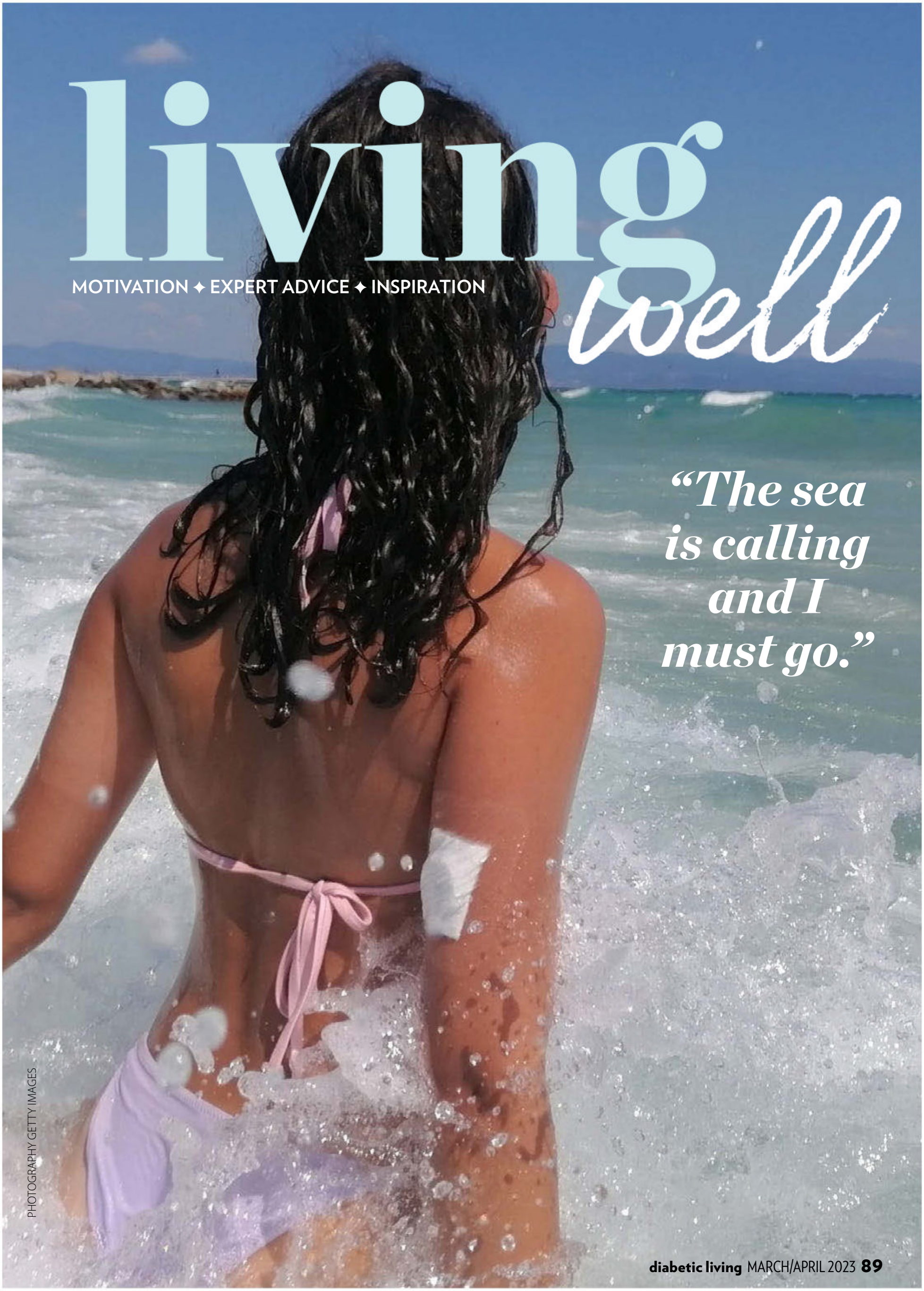
YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

To maintain your weight*	To lose weight*
Kilojoules 8700kJ	**Kilojoules** 6000kJ
Protein 80g	**Protein** 65g
Total fat 70g	**Total fat** 45g
Saturated fat 24g	**Saturated fat** 15g
Carbs 270g	**Carbs** 180g
Fibre 30g	**Fibre** 30g
Sodium Less than 2000mg	**Sodium** Less than 2000mg

living well

MOTIVATION ✦ EXPERT ADVICE ✦ INSPIRATION



"The sea is calling and I must go."

PHOTOGRAPHY GETTY IMAGES

Reducing decision fatigue

Living with diabetes sometimes feels like everyone else is driving an automatic and you are in manual mode. There are so many extra things to consider and so many daily decisions to make for things to run smoothly.

Researchers estimate that people living with diabetes make 180 more daily health-related decisions than those without diabetes. That's one additional decision every five minutes of waking time.

Given there are 42 recognised factors that are known to affect blood glucose levels for people living with diabetes — everything from hot weather to incidental exercise like rushing to catch the tram or bus — it's little wonder there is so much decision fatigue.

The body is like an orchestra. It's a complex system that works harmoniously for most, but when you have diabetes, some of the body's instruments are out of sync or out of tune. For those living with diabetes, frequent and sometimes tough decisions must be made to re-tune the system because blood glucose levels are influenced by so many factors.

While there isn't one magic pill you can take, a static medication schedule to follow, or device you can connect to in order to remove all of those decisions, there are a number of simple things you can do that may help to reduce your daily decision-making load.

DEVELOP LIFE CHECKLISTS AND PLANS

Pre-planning for certain situations can help to reduce daily decisions. Developing what I like to call life checklists or plans for recurring or surprise situations is a good way to reduce the burden. This requires putting in a bit of work early, not while you're in the middle of a situation.

CHECKLISTS WORTH CONSIDERING ARE:

▶ **SICK-DAY PLANS:** illness can have a huge impact on your blood sugars. Include in the plan which medications are ok to take, how frequently you should measure blood glucose and ketone levels, how to keep hydrated, how to adjust dosages, and when you should call your doctor.

▶ **TRAVEL PLANS:** sleep-wake cycles affect glucose levels, so travelling, particularly across time zones, can disrupt regular routines. A travel checklist should include all those things you need while you're away from home — medications, equipment, spare strips, batteries. This not only removes the thinking when packing for travel, but it helps with decisions around medication adjustments.

▶ **EXERCISE PLANS:** in consultation with your healthcare professional, establish the best way to minimise the impact of exercise on your blood glucose levels. Some high intensity exercises, such as running, can trigger a rise in blood glucose and others, like walking, can cause delayed hypoglycaemia.
Record in your plan the impact each exercise has on your body to help with future management around adjusting insulin doses, checking glucose levels and preparing for possible hypoglycaemia. Whether exercise is planned or spontaneous, previous experience will help to guide these decisions.
It is advisable to check your blood sugar level before, during and after exercise, especially if you take insulin or medications that lower blood glucose.

▶ **MENSTRUAL-CYCLE PLAN:** know how your body responds to your cycle and note the modifications that can help to regulate your blood glucose levels during your cycle. Some people find that their glucose level drops in the days leading up to menstruation and that it gets higher during menstruation, but everyone is different. Knowing how your body responds will help you to adjust your diet, your medications or exercise routines ahead of time.

▶ **PORTION PLAN AND MEAL PLAN:** plan your meals in advance so you are not making decisions while in the supermarket or later in the day when decision fatigue sets in and the quality of your decision-making reduces. Refer to your list of regular foods so you're not counting carbs all the time. There are also a number of apps that can help with carb counting.

As for portion control, remember that one cup of rice, for example, looks very different on a plate compared to a bowl. Measure it out a few times so you are familiar with what one cup looks like.

You can find versions of some of these checklists through your diabetes education team or from trusted online resources. Work with your team to develop appropriate life checklists for you.

BY CATH MCNAMARA, DIABETES EDUCATOR, BAKER HEART AND DIABETES INSTITUTE
ADDITIONAL IMAGES GETTY IMAGES

USE TECHNOLOGY

Diabetes technology is constantly advancing and moving ever closer to removing judgement calls from the user's hands. There are 'wearable' insulin patches already available on the market that administer the 'correct' dose of insulin automatically, but they are expensive and still reasonably new. Insulin pumps are also available but are costly too.

Currently, continuous glucose monitoring (CGM) devices offer the most accessible technology to remove the frequency and some of the guesswork out of decisions.

Since 1 July 2022, all Australians living with type 1 diabetes were given access to a federal government subsidy that covers a significant proportion of the cost of continuous glucose monitoring systems.

If you are not yet using a CGM device, talk to your healthcare professional to find out which is the best system for you (see our feature on CGMs on p110).

SMART SHOPPING

In order to be a smart shopper, you need to be aware of which foods contain carbohydrates, you should try to plan ahead, and you need to have some understanding of the glycaemic index (GI).

The GI divides carbohydrates into lower and high GI categories, according to the effect they have on blood glucose levels.

The higher the GI, the faster the rise in blood glucose after you eat the food. Carbohydrates that break down more slowly, releasing glucose gradually into the blood stream, have lower glycaemic indexes.

SMART SHOPPING TIPS

▶ Prepare a list of the carbohydrates you prefer to eat and record their GI, then refer to this each time you make your shopping list. Try not to make supermarket shopping decisions on the fly.

In the preparation of that master list, learn which are the best choices within a food group. For example, know that basmati rice has a lower GI than jasmine rice, or that wholegrain bread has a lower GI than white bread, then adapt your shopping list to suit, depending on your dietary needs.

▶ Remember that cooking techniques also impact a food's GI. For instance, baked white potato has a higher GI than baked sweet potato, but a boiled white potato has a lower GI than both.

▶ Download a copy of the Baker Supermarket Shopping Guide (baker.edu.au/health-hub/fact-sheets/shopping-guide).

▶ Take a guided supermarket tour specifically for people living with diabetes, available in some states via your local diabetes advocacy body. Or take a virtual shopping session as recommended by trusted sources, including the online ShopSmart sessions through the National Diabetes Services Scheme (NDSS). There are sessions for people living with type 1, type 2 and gestational diabetes.

During these sessions, you'll learn how to read food labels and understand which are the best food choices or brands for your needs. Shopping will become a lot easier and you won't have to make as many decisions on the spot.

Ultimately, good pre-planning, routine and regular consultation with your diabetes healthcare team are the keys to reducing the frequency of daily decisions. Remember, though, making multiple decisions each day can be exhausting and the best way to reset and get back on track is through self-care. So sometimes the best decision you can make is taking a little time out just for you.

ShopSmart: events.ndss.com.au

Carbohydrates and GI: baker.edu.au/health-hub/fact-sheets/carbohydrates-gi

Insulin pumps: baker.edu.au/health-hub/fact-sheets/about-insulin-pumps

Should you eat RED MEAT?

Plant-based diets have been increasing in popularity over the past few years. At the same time, many people are adopting a keto diet and some, the more extreme carnivore diet. So which approach is the right one for your health? DL mag dietitian and diabetes educator Dr Kate Marsh explores the research on red meat and diabetes to help you decide where meat fits into your eating plan.

THE PROS AND CONS OF EATING RED MEAT

Red meat is a good source of protein and other key nutrients, including iron, zinc and vitamin B12. The iron found in red meat is also readily absorbed, which can help with increasing iron stores and reducing the risk of iron-deficiency anaemia. But when it comes to our health, eating red meat also has some downsides.

At least 25 studies looking at the relationship between meat intake and the risk of type 2 diabetes have been published, and the majority have shown a positive association, meaning that the more meat you eat, the higher your risk of diabetes. The highest risk is with processed meats, likely because of the chemicals used in processing, but unprocessed red meat also appears to be a problem.

A 2021 meta-analysis combined the results of 15 studies and compared participants with the lowest intakes of red and processed meats with those with the highest intakes. They found that the risk of type 2 diabetes was 27% higher for processed red meat and 15% for unprocessed red meat.

The association between red meat and diabetes may be one of the main reasons that vegetarian diets are associated with a lower risk of type 2 diabetes and have been shown to help with diabetes management.

High intakes of red and processed meats are also associated with a higher risk of other chronic diseases, including cardiovascular disease and some types of cancer, particularly bowel cancer.

WHY IS RED MEAT A PROBLEM?

There are several components of red meat which might explain the link with diabetes risk and other health issues. The most well studied is the iron in red meat, known as haem iron. This type of iron is well absorbed by the body, which is why red meat is usually promoted as the best source of iron. The downside is that too much iron is a problem and unlike plant sources of iron (called non-haem iron) whose absorption depends somewhat on our body's iron stores, haem iron absorption isn't controlled and can build up and contribute to disease risk. Both haem iron intake from our diet and high iron stores in the body have been linked with type 2 diabetes risk and the risk of gestational diabetes.

High intakes of total protein and animal protein, but not plant protein, have also been found to be associated with an increased risk of T2D. However, switching red and processed meats for other sources of animal protein, including poultry, seafood, eggs or dairy foods, appears to reduce the risk. This suggests that if you are cutting down on animal protein, the greatest benefit for your health will come from reducing red and processed meats.

More research is needed, but there is also some evidence that dietary advanced glycation end products (AGEs) and trimethylamine-N-oxide (TMAO) may play a role. TMAO is formed when the bacteria in our gut metabolise choline and carnitine, nutrients found in large amounts in red meat. AGEs are discussed further below.

WAYS TO INCLUDE RED MEAT INTO A HEALTHY EATING PLAN

If you enjoy meat, you don't need to cut it out altogether, but cutting down may benefit your health. Current research suggests the greatest risks appear to come with processed meats, so these are best avoided, or kept for special occasions. Instead, choose small amounts of good quality, lean unprocessed meats. And balance out your plate with plenty of vegetables.

You can reduce your intake of meat while still enjoying the taste by replacing some of the meat in your favourite meals and adding plant protein in its place. For example, you could add lentils or beans into mince, strips of tempeh or edamame beans in a beef stir-fry, chickpeas in a lamb curry, and beans or lentils in your favourite meat-based casseroles and stews.

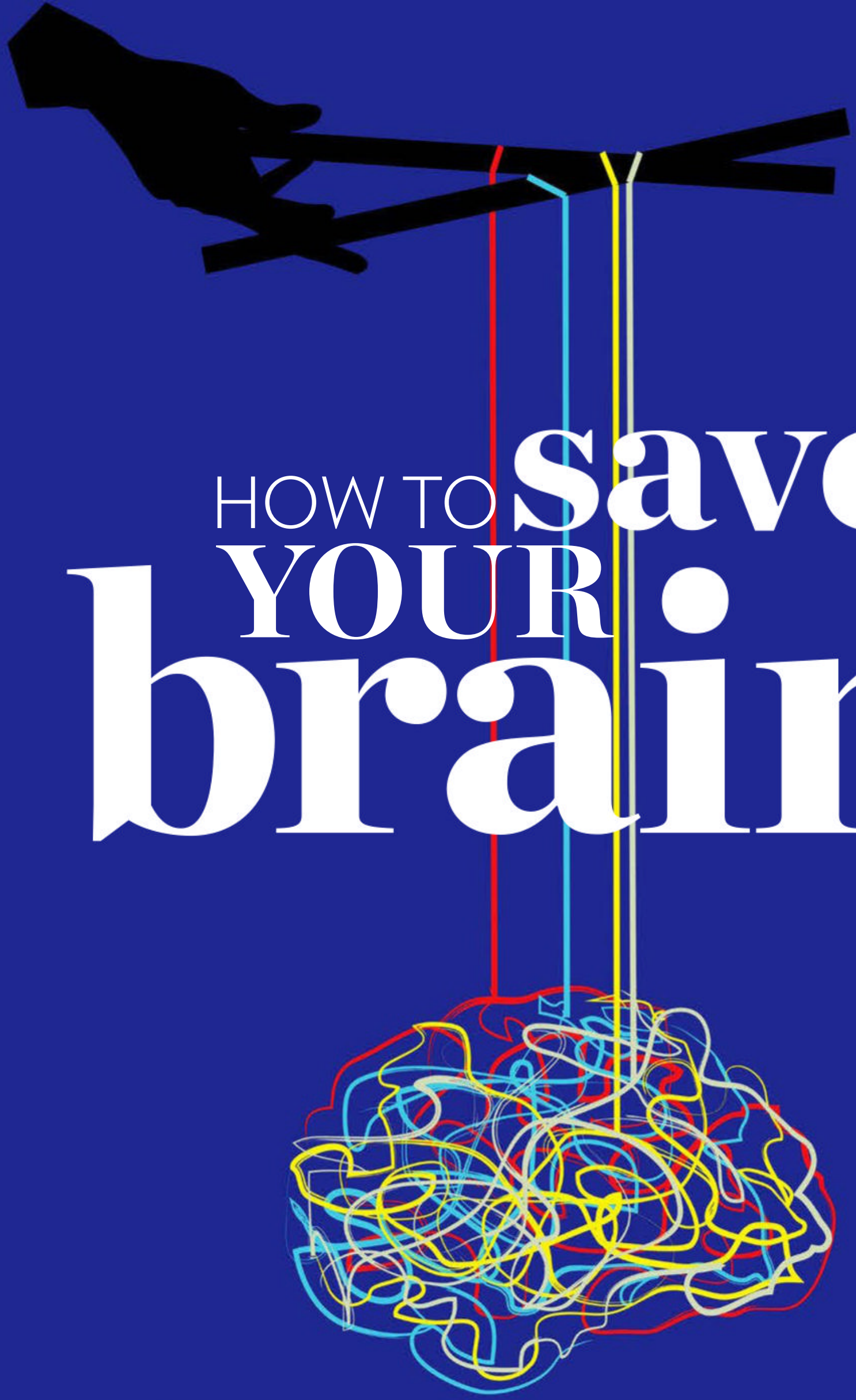
The way you cook your meat is also important. When meat is cooked at high temperatures and the meat is browned or charred such as grilling, barbecuing and roasting, compounds called dietary advanced glycation end products (AGEs) are produced. While more research is needed, some studies have shown an association between dietary AGEs and cardiometabolic risk, including risk of type 2 diabetes, due to an increasing inflammation and oxidative stress. AGEs may also contribute to diabetes-related complications. You can reduce the formation of AGEs by cooking with moist heat, using shorter cooking times, cooking at lower temperatures, and by use of acidic ingredients such as lemon juice or vinegar. Examples including slow cooking, poaching, stewing or stir-frying meat rather than grilling or roasting. And if you enjoy meat on the barbecue, marinate the meat first and include some lemon juice or vinegar in the marinade.

PHOTOGRAPHY & ILLUSTRATIONS: GETTY IMAGES

TIPS FOR SWITCHING RED MEAT FOR PLANT PROTEIN

Unsure how to get started? Here are a few easy ways to replace the red meat in your meals with plant protein:

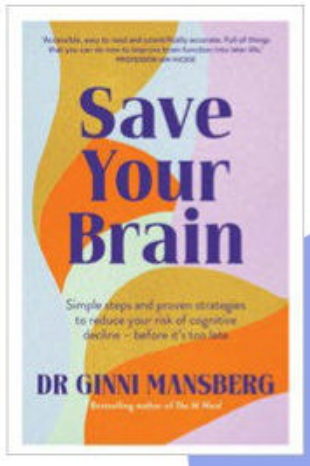
- Switch beef mince for brown lentils in dishes like spaghetti bolognaise, meatloaf, and shepherd's pie.
- Try bean or chickpea patties rather than meat patties in your next burger.
- Replace beef mince in Mexican dishes like tacos and nachos with black beans or red kidney beans. Or you can buy canned chilli beans.
- Substitute beef strips with marinated tofu or tempeh in a stir-fry. Tempeh has a chewy, meat-like texture but also a stronger flavour than tofu.
- Lentils and chickpeas work well as a meat alternative in Indian-style curries.
- Use legume-based pastas (made from lentils and chickpeas) and add some tomato passata or pesto and your favourite vegetables for a quick, easy plant-based meal.



HOW TO save YOUR brain

In her new book, Save Your Brain, Dr Ginni Mansberg explains dementia and the steps you can take to minimise your risks. Regular check ups are a good place to start!

US data shows that almost half of all US adults aged 45 and older have risk factors for dementia that could be easily reversed. Not doing so is a massive missed opportunity. Looking after your brain translates pretty well into looking after your heart. It seems that there is mounting evidence that when it comes to brain health, what we do to protect – or trash – our health in midlife matters more than what we do in old age. I'm definitely not saying that if you wait until 70 to overhaul your health, get fit and get a cholesterol check, that it's game over. But the best returns for your brain health are definitely when you're younger, in midlife.



Save Your Brain by Dr Ginni Mansberg Published by Murdoch Books, RRP $34.99. Available in stores from Feb 28.

deafness

I'm starting here because this condition, perhaps unexpectedly, has the most profound impact on your risk of dementia. More than smoking, diabetes or high blood pressure.

A massive meta-analysis of studies was done in 2017 and was later updated to include even more trials in 2020. It was published in the prestigious medical journal, *The Lancet*. It named hearing loss as the single biggest risk for cognitive impairment and dementia.

Research is ongoing as to why this is such a significant indicator of the development of dementia. The authors pointed to a small US prospective cohort study of 194 people aged on average 54 to 55 years with normal cognition. They had at least two brain MRIs, on average 19 years apart. The study found that people with midlife hearing impairment measured by audiometry had steeper temporal lobe volume loss, including in the hippocampus. The current theory is that hearing loss just reduces brain stimulation and this might be the direct cause of cognitive impairment and dementia.

MAKE 3 APPOINTMENTS TODAY

ONE

Contact your GP for a blood pressure, cholesterol, thyroid and blood sugar check, a referral for a sleep study if you think that's an issue and discuss giving up smoking if you're a smoker.

TWO

Go to a hearing clinic to get your hearing checked.

THREE

Visit your dentist to get a dental check and have your teeth cleaned.

Your midlife period is the time to act for most things. There is never a bad time to iron out any health kinks you have but sooner is better!

high blood pressure (AKA hypertension)

Blood pressure is the pressure inside your arteries, measured in millimetres of mercury or mmHg. The top number (or systolic blood pressure) is when your heart contracts and the bottom number (or diastolic blood pressure) is when your heart relaxes. So, you might hear that your blood pressure is 120 over 80. The current definition of hypertension (or high blood pressure) is systolic blood pressure of 130 mmHg or more and/or diastolic blood pressure over 80 mmHg.

There is no doubt about it, having high blood pressure is bad for you. Hypertension increases the risk of strokes, heart attacks, heart failure, atrial fibrillation and premature death. These risks increase the higher your blood pressure goes (anything starting from systolic blood pressures as low as 115 mmHg). Hypertension is also the number one modifiable risk factor for vascular dementia.

The jury is in and we now have robust evidence that hypertension is linked to cognitive decline later in life. And the biggest risk is having high blood pressure in your midlife. A 2017 study found an extra 20 per cent increase in risk of dementia for every 10 mmHg rise in systolic blood pressure during midlife. That is massive! Unfortunately, we are still trying to work out how it causes so much brain damage.

strokes

Having a stroke doubles your risk of dementia.

In 2018 the World Health Summit was convened to bring together academics, policymakers, heads of pharmaceutical and device industries, and entrepreneurs to focus on the UN's sustainable developmental goals under the leadership of the World Health Organization. Before this summit, a specialised group researching the interaction of stroke and dementia and trying to prevent them happening together gathered in Berlin to highlight what is known and what needs to be done next. The result of their findings, the *Berlin Manifesto*, was published in 2019.

'Stroke and dementia confer risks for each other and share some of the same, largely modifiable, risk and protective factors. In principle, 90 per cent of strokes and 35 per cent of dementias have been estimated to be preventable. Because a stroke doubles the chance of developing dementia and stroke is more common than dementia, more than a third of dementias could be prevented by preventing stroke,' the authors declared.

diabetes

People with diabetes suffer from more blindness, more small nerve damage (especially in the feet) and more kidney damage, as well as heart disease, strokes and problems with blood supply to the feet and legs. A meta-analysis of 28 prospective observational studies found that people with type 2 diabetes are 73 per cent more likely to get dementia, 56 per cent more likely to get Alzheimer's disease and 127 per cent more likely to be diagnosed with vascular dementia.

What's messy is that all the factors that make diabetes more likely to develop in someone are also risk factors for dementia. We know that insulin resistance underpins diabetes. And brain scans of patients with dementia often show patchy areas in the brain where there is reduced glucose metabolism. Many researchers have postulated that insulin resistance within the brain might drive the development of Alzheimer's disease, with many calling it brain-specific 'type 3 diabetes'.

Is it the diabetes that causes the dementia or are they both diseases of poor lifestyle and so often crop up together? That's particularly important when looking at trials of anti-diabetic medications for the prevention of dementia or to stop it from getting worse.

And those trials are a bit of a mixed bag, to be honest. The authors of a 2017 Cochrane review of seven randomised controlled trials concluded: 'We found no good evidence that any specific treatment or treatment strategy for type 2 diabetes can prevent or delay cognitive impairment.' In fact, a couple of trials for some diabetic medicines found they could make cognitive impairment worse.

I wanted to say a quick word about metformin, which is the most popular 'first line' medication to treat diabetes. I was intrigued to read the findings from a Canadian study published in 2020. The study followed 2000 people with diabetes taking various medications over time. Here's what they found: among the diabetics who had normal cognitive test results at the start of the study, those taking metformin did better on memory tests when measured after two weeks and again after two years than people taking other diabetic drugs – all of which didn't affect memory performance either way. (With the exception of a group of drugs called Sulfonylureas that can cause low blood sugar as a side effect. The memories of the participants taking this got worse over time.)

As part of the same study, the authors looked at people specifically carrying the APOE gene. Those who took a diabetes drug class called DPP4 inhibitors had a much slower cognitive decline than non-carriers. But strangely, metformin didn't give any cognitive benefits to this group with the APOE gene.

The bottom line is: if you have diabetes, you're going to need a treatment. Maybe you would choose metformin, especially if you don't carry the APOE gene. If you do have that gene, you might opt for a DPP4 inhibitor. But mostly you want to have a great diet, one that includes lots of healthy veggies, fruit, wholegrains and lean protein foods, and as little junk food and soft drink as possible. Plus, you really ought to increase your exercise, sleep well and control your blood pressure and cholesterol.

PRE-DIABETES

Some people have a high blood sugar level, but not high enough to be called diabetes. These people are considered to have pre-diabetes. In 2021, a study of data from the UK Biobank cohort based on 500,000 people aged 40–69 years followed up for eight years showed this condition is also a risk for dementia. Compared to those with normal blood sugar levels, people with pre-diabetes had a 42 per cent higher risk of cognitive impairment over an average of four years and were 54 per cent more likely to develop vascular dementia (but not Alzheimer's disease) over an average of eight years.

The study suggests that if you are diagnosed with pre-diabetes, don't wait before trying to turn that ship around. Start aggressively managing it with diet, exercise and possibly medication.

high cholesterol

Observational data about the link between high cholesterol and dementia have actually been a bit mixed, with some studies finding a strong link and others finding no link at all. When it comes to relating high cholesterol to developing dementia, it is hard to separate high cholesterol from other risk factors, like, for example, high blood pressure.

In 2021, a massive British study of almost two million people found that having high LDL (AKA your bad) cholesterol in midlife (before 65 years) is modestly associated with dementia risk more than 10 years later. We're talking a 5 per cent increased risk. The researchers didn't see the same thing in older people, so it looks like once again the time to act is when you're in midlife.

Don't ignore your cholesterol. Most specialists agree that high cholesterol will contribute to your overall health in old age and here's why: good cardiovascular health leads to better cognitive health.

Your genes matter, too. Studies have linked high cholesterol with worsening cognition, specifically among APOE e4 gene carriers (especially if they have cardiovascular disease).

obesity

There is no doubt that being overweight or obese increases your risk of dementia, apart from the other health problems that come with carrying too many kilos.

A 2020 US study of 5000 people found a link between dementia risk and higher body mass index (or BMI) earlier in life for both women and men. Women who, according to their BMI, were 'overweight' in early adulthood were 1.8 times more likely to get dementia. And women who were 'obese' in early adulthood were 2.45 times more likely to get dementia. A separate 2020 Lancet meta-analysis found that obesity in midlife upped the risk of dementia by 60 per cent.

On the flip side, the relationship between being overweight or obese in later life seemed to reduce the risk. That's actually the same thing we see in prior research.

gum disease

Periodontitis (gum disease) gives you more than halitosis and tooth loss. It has been linked to diabetes, cardiovascular disease and rheumatoid arthritis, as well as mouth and gastrointestinal cancers. A recent US study found that the same bacteria that cause gum disease are also associated with the development of Alzheimer's disease and vascular dementia. It seems that the bacteria and the inflammatory molecules they stimulate can travel from the mouth through the bloodstream to the brain. Many of these bacteria produce toxic proteins that have been shown to actually increase the amount of both β-amyloid and tau protein in the brain.

The study looked at data from the National Health and Nutrition Examination Survey (NHANES), a large population study. There were 6000 people included in the study, and all had dental examinations and blood tests and were followed to see who developed dementia.

The researchers looked for the appearance of antibodies against 19 specific oral bacteria for an association with dementia. They looked for the antibodies, because if the bacteria was growing, it was easier to detect by looking at the body's immune response, (the development of antibodies) rather than trying to look for the bacteria itself. Of the 19 bacteria, it was Porphyromonas gingivalis (P. gingivalis) that was found to be the most common culprit for causing gum disease.

The researchers then reported that people with signs of gum disease at the first visit were more likely to go on to develop Alzheimer's disease during the study period. Importantly both Alzheimer's diagnoses and deaths were associated with the development and appearance of antibodies against P. gingivalis.

Another large US study published in 2020 found that having gum disease gave people a 20 per cent higher chance of developing either mild cognitive impairment or dementia.

ALSO BE AWARE OF

Thyroid disease

A massive 2021 Danish study found anywhere from 10 to 20 per cent increased risk of dementia among people who developed an underactive thyroid, especially if they didn't receive any treatment for it.

COVID-19 and the brain

A UK study comparing before and after MRI scans of patients with COVID-19 found that parts of the brain can be affected 20 weeks after they caught the virus.

Smoking

Smokers are at higher risk of dementia than non-smokers and people who smoke two packs a day or more in midlife double their risk of dementia over their lifetime. It's never too late to stop smoking.

Sleep-disordered breathing (SDB)

One study looked at women with an average age of 82 at the start of the study, and the finding revealed that SDB upped the risk of dementia by 80 per cent.

Good night,

Sleeping badly often goes hand in hand with diabetes and can be a real health hazard – all the more reason to wake up to safe, practical solutions that will give you a good night's rest.

sleep tight...

We all have nights where we toss and turn, but when they become a constant, it's a sign of a possible underlying problem that may be linked to diabetes. Whether you have type 1 or type 2, it's a fact that people with this condition are more prone to poor-quality sleep, insomnia and daytime doziness.

Unless you're forever counting sheep or are kept awake by physical discomfort, you may not even be aware that there's an identifiable reason for your daytime weariness – such as fitful or poor-quality sleep, resulting from restless legs, sleep apnoea or nerve damage to your lower limbs.

Tempted to shrug off your symptoms? Think again. Studies show they can have a knock-on effect that goes well beyond tiredness, leading to lowered immunity and mood, accidents and poorer diabetes management. According to research from the University of California, skimping on sleep affects BGLs, while sleeping less than six hours a night causes a 40 per cent drop in sensitivity to insulin. Not good when your health depends on good BGL control.

"Studies now show a strong link between sleep-deficit, poor-quality sleep and the development or worsening of diabetes," says Professor Michael Hensley, head of the University of Newcastle's School of Medicine and Public Health and the Department of Respiratory and Sleep Medicine at John Hunter Hospital in Newcastle.

"Lack of sleep or interrupted slumber increases the risk of weight gain and developing obesity, high blood pressure and type 2, which are all conditions that can shorten your life span and further complicate diabetes care," he says.

The following sleep hiccups, all strongly linked with diabetes, can have a long-term impact on your health. But, as we show you, there are solutions to these conditions.

INSOMNIA

This is when you have trouble falling asleep or suffer from disturbed sleep.

The *signs*

11pm, 12pm and 2am… you're counting sheep. Or, maybe you drop off to sleep easily but are wide awake by 4.30am, stressed by the slump you know will come later in the day.

The *causes*

A startling 30 per cent of Australians experience at least one symptom of insomnia at any time, while around 15 per cent suffer constantly from the condition. Do you have trouble falling asleep or do you wake early? Your body clock may be out of sync with light and dark. Sleep-maintenance issues, such as recurrent waking, may be caused by overheating, or by elevated BGLs, for instance, which then puts pressure on your kidneys to try to flush out the extra glucose. This can mean frequent trips to the bathroom in the night, plus thirst from losing too much fluid.

"In people with diabetes, insomnia may also be related to issues such as chronic pain," says Dr Siobhan Banks, Director of the Behaviour-Brain-Body Research Centre at the University of South Australia. "Depression and anxiety are common causes of insomnia as well, which can leave you awake at night ruminating on feelings or problems."

The *health* hazards

As well as interfering with healthy BGLs, chronic loss of sleep can lead to reduced reflexes and impaired work concentration. Your willpower may also weaken – not surprisingly, studies indicate that sleep loss leads people to skip the gym and eat more.

"Too little sleep can cause a resistance to leptin, a hormone that helps signal that your tummy is full," says Professor Hensley. "It can also increase your body's level of ghrelin, a hormone that stimulates appetite and hunger. This can increase your desire to eat more carbohydrates, which may lead to weight gain and poorer glucose control."

How to *treat* it

- Check your BGLs regularly, including before bedtime.

"If they're running higher than the recommended levels, see your doctor, diabetes educator and dietitian to detect and address possible reasons," says Mark Taylor, a diabetes educator with Taylor-made Diabetes Education.

- If you're struggling with continuing low mood or anxiety – that is, you've been affected for more than a fortnight – make an appointment with your doctor to see if you may benefit from treatment or counselling.
- Rise and retire at the same time each day. Avoid naps and sleep-ins.
- Soak in a warm bath an hour or two before bedtime. "The warmth actually causes a temperature drop, which can help sleep-onset," explains Dr Banks.
- Don't lie in bed fuming. Reduce anxiety by restricting bedtime to the hours you are sleeping, then gradually build them up.
- Eat breakfast outdoors to get at least 10 minutes of direct sunlight exposure every day to help synchronise your body clock to light and dark.
- Practise good sleep hygiene (see Sound sleep strategies, page 109), to improve your chances of falling asleep and staying asleep.

OBSTRUCTIVE SLEEP APNOEA

This disorder leads to sudden pauses in breathing, which briefly deprive your body of oxygen. They can occur from five to 30 times or more each hour throughout the night.

The *signs*

Snoring or loud breathing during sleep, along with recurrent snorting or gasping sounds, excessive daytime sleepiness and morning headaches.

The *causes*

Obstructive sleep apnoea can be caused by issues such as a large tongue or Adam's apple, but weight gain is the most common culprit. The thickening of the neck makes the airways prone to closing up during sleep, which shuts down breathing and causes oxygen deprivation. This triggers the body to release constant bursts of adrenaline – our flight-or-fight hormone – to kickstart respiration. According to research by the Yale School of Medicine, this may be why people diagnosed with sleep apnoea have more than double the risk of developing diabetes.

The *health* hazards

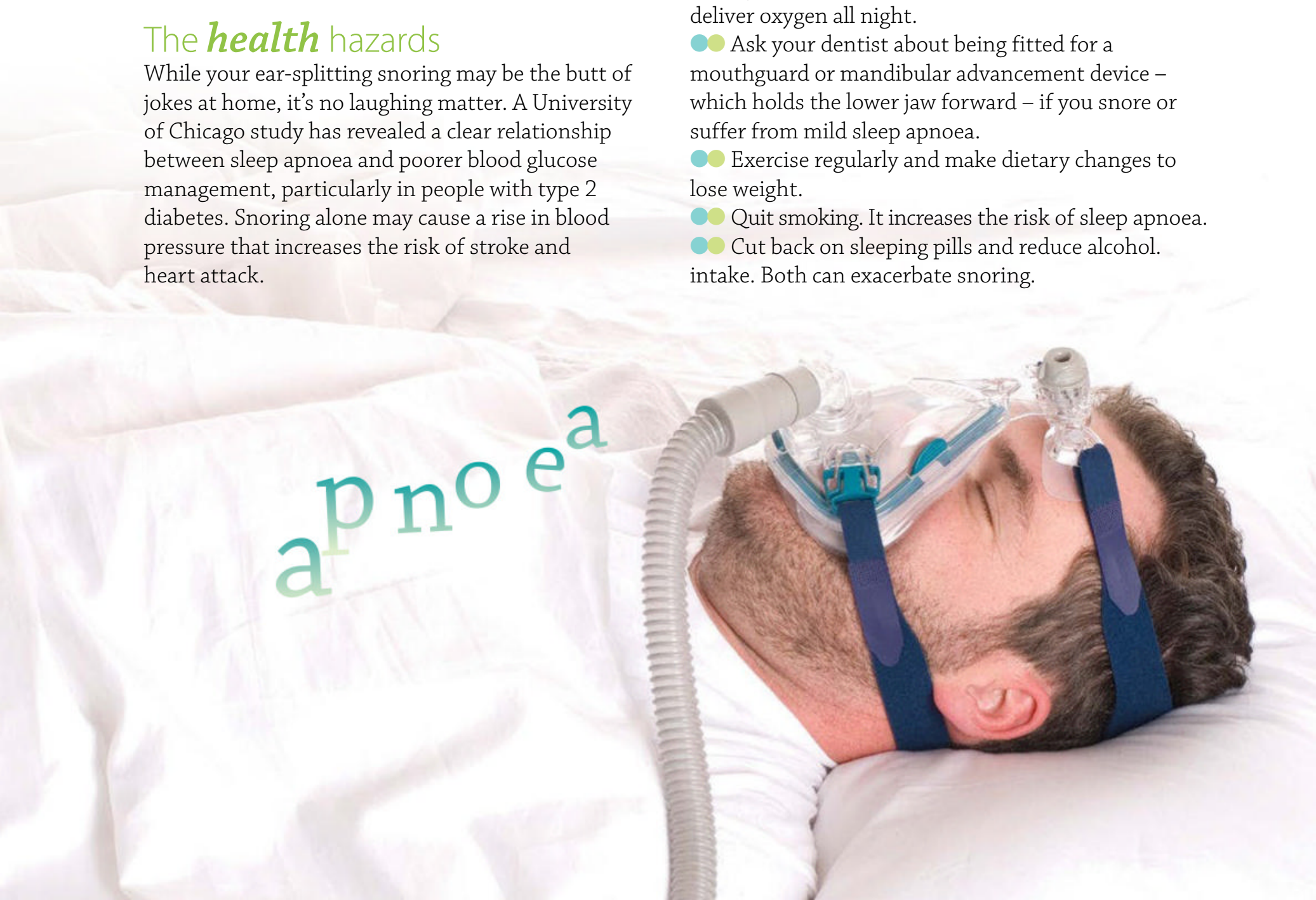
While your ear-splitting snoring may be the butt of jokes at home, it's no laughing matter. A University of Chicago study has revealed a clear relationship between sleep apnoea and poorer blood glucose management, particularly in people with type 2 diabetes. Snoring alone may cause a rise in blood pressure that increases the risk of stroke and heart attack.

"Sleep apnoea also increases the production of adrenal hormones, such as cortisol, and leads to a higher risk of cardiovascular disease, as well as an increased risk of developing type 2," says Professor Hensley.

"This diabetes link is thought to be due to changes in insulin resistance, appetite control and inflammation. As the incidence of cardiovascular disease is also higher in people with diabetes, the combination of sleep apnoea and diabetes on top of this risk is very concerning," he explains.

How to *treat* it

- See your doctor for a referral to a clinic for a sleep study if you're a chronic snorer. If you have sleep apnoea, you may need a CPAP (Continuous Positive Airway Pressure) machine, which uses a mask to deliver oxygen all night.
- Ask your dentist about being fitted for a mouthguard or mandibular advancement device – which holds the lower jaw forward – if you snore or suffer from mild sleep apnoea.
- Exercise regularly and make dietary changes to lose weight.
- Quit smoking. It increases the risk of sleep apnoea.
- Cut back on sleeping pills and reduce alcohol intake. Both can exacerbate snoring.



PERIPHERAL NEUROPATHY

This is a condition involving the long nerves outside the brain and spinal cord in which sensitivity to temperature, pain and touch is affected, particularly in the feet and legs.

The *signs*

Tingling, pins and needles, numbness, loss of feeling and pain or pricking sensations in your hands, arms, feet and legs.

"The symptoms are often more noticeable at night when you're trying to rest and sleep," says diabetes educator Mark Taylor.

The *causes*

Having elevated BGLs is a major risk factor for causing peripheral neuropathy.

"This can damage the coating surrounding the nerve axons and may also cause narrowing of blood vessels that supply the nerves," says Mark.

The *health* hazards

Risk of injury and ulcers, and subsequent infection is a significant problem to those with poor sensitivity.

"Affected areas should be checked daily for signs of damage, and go for six-monthly check-ups with your podiatrist, doctor or diabetes educator," says Taylor.

When the condition results in pain, it can increase a person's risk of emotional distress and depression.

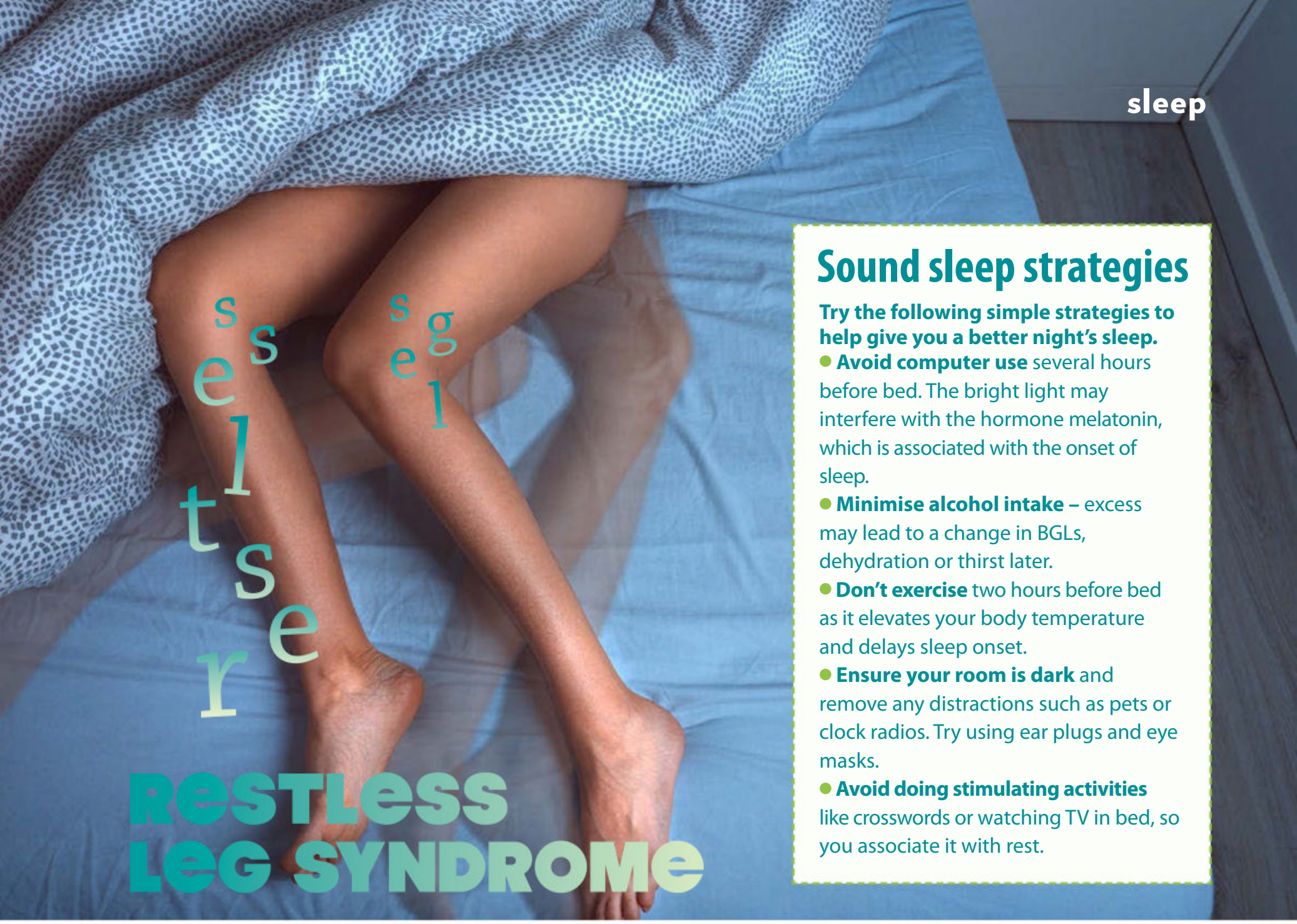
How to *treat* it

- Good management of your BGLs is important. "A healthy lifestyle, good weight and HbA1c control, not smoking and having regular check-ups are important in helping to prevent neuropathy from occurring or progressing," says Taylor.
- Medications – these may include antidepressants, anticonvulsive drugs, sodium channel blockers, pain medications such as analgesics, and non-steroidal anti-inflammatories such as ibuprofen, to reduce inflammation, which can increase pain.
- Cream containing capsaicin (available from pharmacies) may help relieve pain, research at the University of Oxford reveals. Capsaicin, the ingredient that makes a chilli hot, is thought to work by depleting Substance P, a neurochemical that transmits pain.

"A ruffled mind makes a restless pillow."

Charlotte Brontë, author

WORDS STEPHANIE OSFIELD **PHOTOGRAPHY** GETTY IMAGES



Sound sleep strategies

Try the following simple strategies to help give you a better night's sleep.

- **Avoid computer use** several hours before bed. The bright light may interfere with the hormone melatonin, which is associated with the onset of sleep.
- **Minimise alcohol intake –** excess may lead to a change in BGLs, dehydration or thirst later.
- **Don't exercise** two hours before bed as it elevates your body temperature and delays sleep onset.
- **Ensure your room is dark** and remove any distractions such as pets or clock radios. Try using ear plugs and eye masks.
- **Avoid doing stimulating activities** like crosswords or watching TV in bed, so you associate it with rest.

With restless leg syndrome, when you lie down, you often feel you're at war with your legs, which refuse to stay still.

The *signs*

An unpleasant burning, tugging, cramping, tingling or creepy-crawly sensation in one or both legs, which causes an uncontrollable urge to move the legs when at rest.

The *causes*

It is not really known what causes restless leg syndrome. However, it can run in families and may be related to problems with the brain's pathway for dopamine – a natural chemical that affects muscle movement.

"People with diabetes are more susceptible to this condition, although it is not clear why," says sleep specialist Dr Banks. Certain medications – for instance, those used to control sickness and diarrhoea – can trigger a bout of restless legs.

The *health* hazards

These include exhaustion, which affects your BGLs, immunity and concentration, makes you snap at loved ones and leaves you with little energy for exercise. Research by the University of Montreal has shown an increase in night-time blood pressure in people with restless leg syndrome, which could ramp up the long-term risk of heart disease and stroke.

How to *treat* it

- Reduce caffeine and alcohol intake and stop smoking. This helps to minimise symptoms in some people.
- Check for an iron deficiency by making an appointment with your doctor for a blood test.
- Try calming techniques, such as yoga and meditation.
- Medication therapy, which may include benzodiazepines, antidepressants and anticonvulsive drugs, or drugs that increase dopamine levels, and are also used to treat Parkinson's disease.
- Taking hot or cool baths before you go to bed can help some people. Experiment to see what works best for you.
- Increase circulation. Some restless leg syndrome sufferers gain relief by exercising regularly and doing stretches and/or massaging leg muscles before bedtime.

Diabetes management has come a long way since the days of contstant finger pricks to check glucose levels. *DL* mag dietitian and diabetes educator Dr Kate Marsh takes a look at the CGM market

CHOOSING A cgm*

*continuous glucose monitor

With recent changes to the Australian Government's access to subsidised continuous and flash glucose monitoring through the National Diabetes Services Scheme (NDSS), an increasing number of Australians with diabetes are now using continuous glucose monitoring devices. The subsidy also removes price as a deciding factor in which device to choose. So whether you are considering starting CGM or a seasoned wearer, DL Mag diabetes educator, Dr Kate Marsh, discusses the options available and how to choose the device that is best for you.

WHAT IS CONTINUOUS GLUCOSE MONITORING?

A continuous glucose monitoring (CGM) device is a small wearable device that measures glucose levels throughout the day and night. There are two main types currently available: Real-time CGM devices and flash glucose monitors.

Real-time CGM devices have a sensor, transmitter and reader (which can also be a smartphone or insulin pump) and the transmitter constantly sends information from the sensor to the reader to display glucose readings and provide alerts if readings move outside your individually set target range. Examples include Dexcom G6 and Medtronic CGM devices.

A flash glucose monitor also measures glucose levels continuously, but doesn't have a transmitter, so you need to scan the sensor with a reader or smartphone to get your reading. The only flash glucose device currently available in Australia is the Freestyle Libre 2. ➤

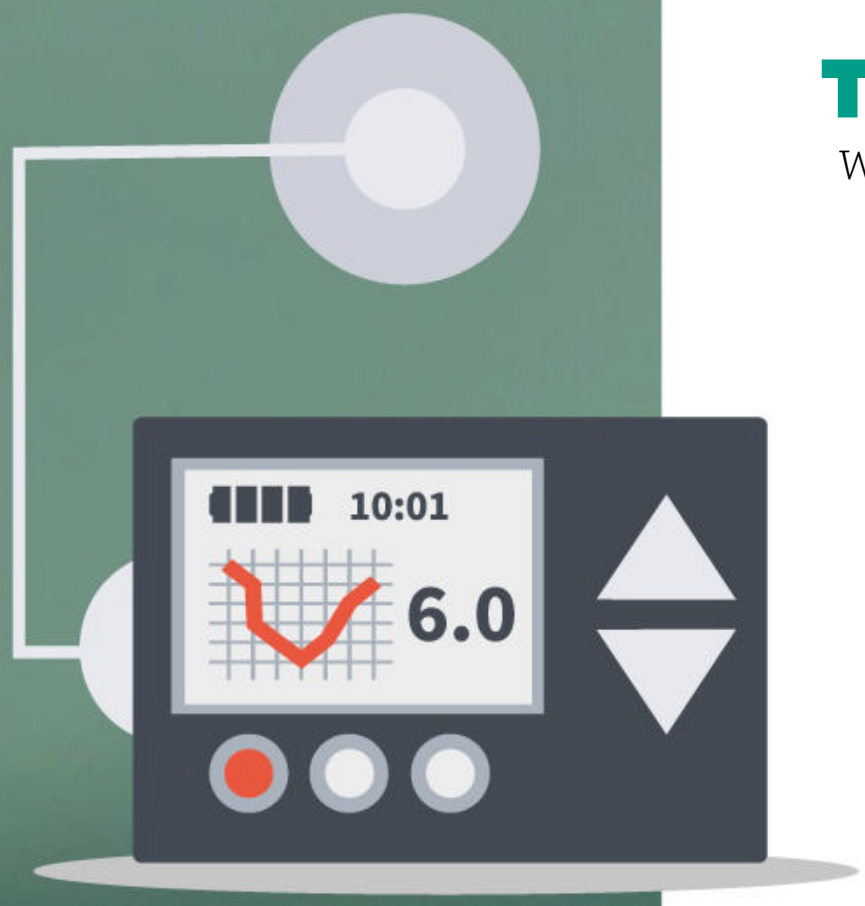
THE BENEFITS

Even if you monitor frequently, finger prick testing doesn't always give you the whole picture. It only tells you what your level is at that point in time, so even if you check every few hours, you could miss highs and lows between these readings. A single reading also doesn't tell you whether your glucose level is stable, rising or falling, which can make it difficult to make treatment decisions. CGM gives you a much better picture of what your glucose levels are doing throughout the day and night. Benefits include:

- **SEEING TRENDS.** As well as knowing the reading at a particular point in time, CGM enables you to know which direction your glucose is going and how fast it is changing.

- **ALARMS AND ALERTS.** All the devices now allow you to set high and low glucose alerts or alarms. This gives you the chance to take action quickly if your glucose level becomes too high or too low and is particularly useful if you have trouble detecting hypo symptoms. Some also offer predictive alerts, to warn you ahead of time when the device predicts your glucose level will fall below or rise above a certain level.

- **OVERNIGHT MONITORING**. Managing glucose levels overnight can be difficult, as this is an extended period when you don't usually monitor. CGM can help you understand what your glucose levels do while sleeping and the inbuilt alarms can alert you to hypos if they occur, allowing you to treat them quickly.



TIPS FOR USING CGM

While there's a lot they can offer, there are a few things to consider when using CGMS:

Your CGM readings won't always match up exactly with readings from your blood glucose meter. CGM devices measure glucose levels in the interstitial fluid (the fluid between your cells) rather than the blood. Glucose travels to the blood first and then to the interstitial fluid, so CGM and blood glucose levels normally won't be exactly the same. When glucose levels are stable, the readings should be close, but there will be a greater difference when your levels are rising or falling quickly. When rising quickly, your blood glucose reading will probably be higher than the CGM. When dropping quickly, your blood glucose reading will probably be lower than the CGM.

Using CGM can certainly reduce the number of finger prick blood glucose readings you need to do, but it doesn't mean doing away with your regular blood glucose meter for good. Finger prick checks are still recommended when symptoms don't match your CGM reading, when glucose levels are changing rapidly, to confirm hypoglycemia and before giving a correction dose for high glucose levels. Some CGM devices need calibrating at least twice per day by entering a finger prick glucose reading. And not all devices are currently approved for self-adjustment of insulin doses so a finger prick reading is still recommended before deciding how much insulin to give.

Some people have trouble keeping sensors attached, particularly if they spend a lot of time in water or sweat a lot with exercise. The sensors can also get knocked off and they can't be re-used if this happens. If you have trouble keeping your sensors attached, there are additional patches you can use, made specifically for CGM sensors, which can help.

While the low- and high-glucose alerts are one of the main reasons many people choose to start CGM, if you have frequent alarms, you might find them annoying, disruptive or stressful. If this is the case, speak to your doctor or diabetes educator about adjusting your settings. This might mean keeping the low glucose alarm on, but turning off some of the other alarms, or setting your high alarm a bit higher, at least initially.

■ **FINE TUNING YOUR DIABETES MANAGEMENT.** The information provided by CGM allows you to fine tune your insulin, food intake and exercise to optimise your blood glucose levels. For example, if you notice a pattern of high or low glucose readings at a particular time of the day, this could indicate that your insulin doses need adjusting. Or if you find your blood glucose levels rise too high soon after meals but drop again before your next meal this suggests a mismatch in the timing of your insulin and food and you could try waiting longer between taking your insulin and eating, and/or changing to lower glycemic index (GI) foods to see if this helps.

■ **PREVENTING HYPOS.** If you use CGM as part of a hybrid closed-loop system, the insulin pump can stop delivering insulin if your blood glucose level is predicted to drop too low, to help in reducing the risk of hypos.

WHAT'S ON OFFER?

There are three main CGM devices available in Australia – the Dexcom G6, the Medtronic Guardian and the Freestyle Libre 2. However, Medtronic have three different versions of their device, depending whether you are using it as a standalone CGM or with one of their insulin pumps. Following is a summary of the main features of the different devices:

Dexcom G6

Dexcom G6

www.dexcom.com

- Can be used as a standalone device, for those using insulin injections, or with a compatible insulin pump
- Works with a Compatible iOS (Apple) or Android smartphone or smart device using the Dexcom G6 app, or with the Dexcom receiver
- Integrates with the Tandem t: slim X2 Insulin Pump OR mylife YpsoPump, and can be used as part of a hybrid closed-loop system with both pumps
- Doesn't need calibrations
- Sensors last 10 days and transmitters 3 months
- Customisable alerts and alarms
- Ability to share your data with up to 10 people via the Dexcom Follow app
- Approved for ages 2 years and older

Freestyle Libre 2

Freestyle Libre 2

www.freestylelibre.com.au

- Standalone device, for those using insulin injections
- Works with a Compatible iOS (Apple) or Android smartphone or smart device with the FreeStyle LibreLink app, or the Freestyle Libre 2 Reader (which also works as a blood glucose meter)
- Sensor only, no transmitter, so you need to 'scan' the sensor to see your readings
- Sensors last 14 days
- No calibrations required
- Optional high and low alarms
- Ability to share results with up to 20 people via the LibreLinkUp app
- Approved for ages 4 years and older

IMAGES: GETTYIMAGES PRODUCT IMAGES SUPPLIED

Medtronic

Medtronic Guardian Connect *www.medtronic-diabetes.com.au/products*

- Standalone device, for those using insulin injections
- Works with a Compatible iOS (Apple) or Android smartphone or smart device using the Guardian Connect app
- Needs calibrating every 12 hours
- Sensors last 7 days and transmitters 12 months
- Transmitter needs recharging, usually when you start a new sensor
- Offers predictive alerts, allowing you to set alerts so that the device warns you anywhere from 10 to 60 minutes before your glucose level drops below or rises above a certain level.
- Approved for ages 2 years and older
- Ability to share your data with up to 5 people via Carelink

Medtronic Guardian Link and Bluetooth Guardian Link *www.medtronic-diabetes.com.au/products*

- The Guardian Link transmitter works with the Medtronic Minimed 640G or 670G insulin pumps and the Guardian Bluetooth Link transmitter works with the Medtronic Minimed 770G or 780G pumps. All systems use the Guardian Sensor 3.
- Needs calibrating every 12 hours
- Sensors last 7 days and transmitters 12 months
- Transmitter needs recharging, usually when you start a new sensor
- Approved for ages 7 years and older for the 670G, 770G and 780G systems and 2 years and older for the 640G system
- For the 770G and 780G systems, share data with up to 5 people via the Carelink Connect app

Need help to decide which CGM device is right for you?

Your first point of call should be a credentialled diabetes educator (CDE) or your endocrinologist. You can find a CDE in your area at *www.adea.com.au* using the advanced search options in the Find a CDE search box to find an educator who has experience with CGM.

You can also find out more about CGM, the available devices and eligibility for subsidised CGM by visiting *www.ndss.com.au/living-with-diabetes/managing-diabetes/continuous-glucose-monitoring/*

a whole new world

Being diagnosed with type 1 diabetes as an adult can be a challenging and confusing time. In this extract from the JDRF's new book, *Straight to the Point*, they explain what's going on and what to say to people who make uninformed comments about your condition

Why me?

If you've just been diagnosed with diabetes you're probably wondering, 'Why me?' It's important to know it's not your fault that you have type 1 diabetes, and there was nothing you could have done to prevent it. It's not associated with a poor diet or an unhealthy lifestyle.

What is type 1 diabetes?

Type 1 diabetes is an autoimmune disease. For reasons we don't yet understand, your immune system – which is meant to protect you from foreign bodies, such as viruses and bacteria – mistakenly attacks and destroys the beta cells in your pancreas that produce insulin.

Insulin is crucial to life. Without it, glucose can't move from your bloodstream into the cells of your body to provide them with energy to function. When your pancreas fails to produce insulin, glucose levels in your bloodstream start to rise and your body can't function properly. Over time, this high level of glucose in the blood may damage nerves and blood vessels and the organs they supply.

What causes type 1 diabetes?

There's an enormous amount of research into what causes type 1 diabetes, but so far there are no clear answers.

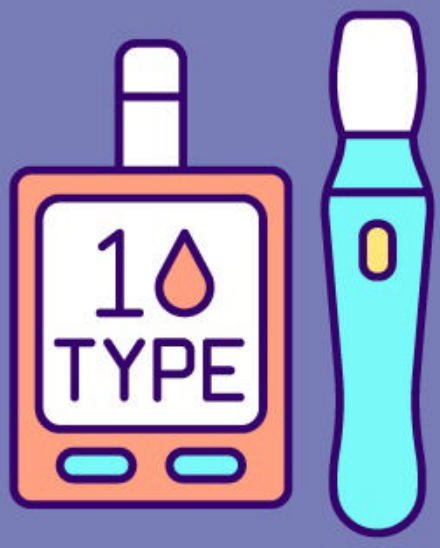
What is known is that in most cases:

- Failure of the pancreas is due to damage inflicted by your immune system.
- Something triggered your immune system to attack your beta cells.
- Certain genes put people at a greater risk for developing type 1 diabetes, but are not the only factors involved.
- While there are no proven environmental triggers, researchers are looking for possible culprits, such as viral infections and toxins within our environment and foods.

I thought only kids got type 1 diabetes?

While most people associate type 1 diabetes with children, half of the people diagnosed with type 1 diabetes are adults. You are not alone in developing type 1 diabetes at any age!

types of diabetes

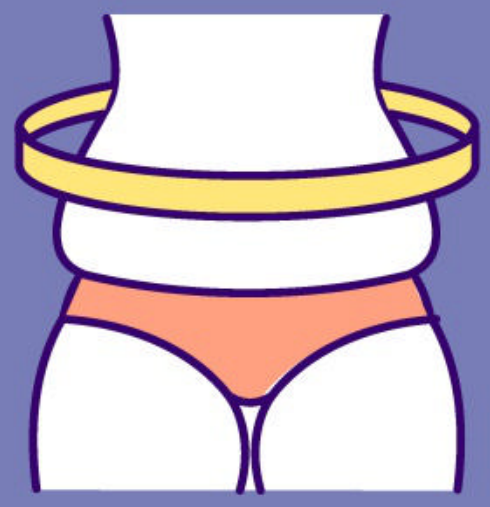


TYPE 1 DIABETES

Formerly called 'insulin-dependent diabetes' or 'juvenile diabetes', type 1 diabetes occurs when the person's immune system recognises its own tissue as foreign. Evidence of this reaction is the presence of antibodies in the blood. The body attacks and destroys the beta cells in the pancreas that produce insulin. Insulin injections are then needed to control blood glucose levels. The illness and symptoms typically develop quickly (over days or weeks), however the destructive process has been going on for a much longer time. Type 1 diabetes represents around 10% of adults with diabetes.

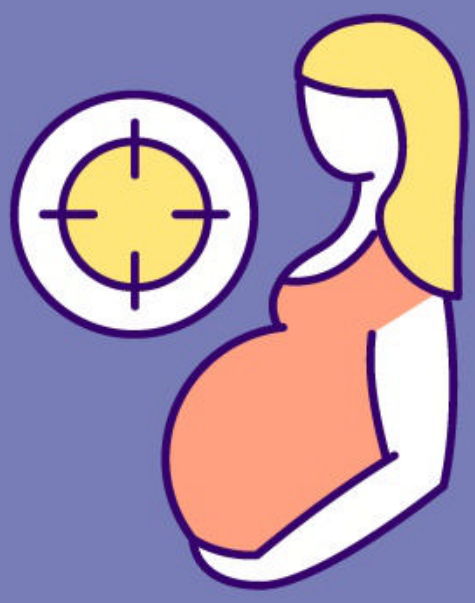
TYPE 2 DIABETES

Formerly called 'non-insulin-dependent diabetes' or 'adult-onset diabetes', type 2 diabetes results when a person does not make enough insulin and/or their bodies don't properly utilise the insulin that is available. Type 2 is often referred to as a lifestyle disease because it is more common amongst people who are older, sedentary and overweight. This is not the entire explanation however, as it is more likely to occur in people with a family history, women who had gestational diabetes and people of Native American, Asian, Pacific Islander, African-African, or Latin American ancestry. It's usually managed by diet, exercise and oral medication, but type 2 diabetes is a progressive condition, and most people will need to take tablets and/or inject insulin after living with it for five to 10 years. Around 85-90% of adults with diabetes have type 2 diabetes.



LADA

Up to one third of people who were initially diagnosed as having type 2 diabetes actually have latent autoimmune diabetes of adults (LADA). This is sometimes referred to as type 1.5. People with LADA have features of both type 1 and type 2 diabetes, in that their immune system attacks the cells of the pancreas that produce insulin, but they may also have insulin resistance. The destruction of the insulin producing cells is much slower in LADA than in type 1 diabetes. People with LADA cannot be easily distinguished between people with type 2 diabetes. A blood test is needed to check for antibodies against insulin producing cells. Some people with LADA can be managed on diet, exercise and tablets in the initial months or years following diagnosis. However, most people with LADA will require insulin therapy within the first year.



GESTATIONAL DIABETES

Gestational diabetes refers to diabetes that's first detected during pregnancy. Pregnant women produce large amounts of hormones such as oestrogen and progesterone, which can cause the body to become resistant to the effects of insulin. By the time a woman reaches the end of the third trimester, her insulin requirements have tripled. If the pancreas is unable to match this increased demand, blood glucose levels start to rise. In general, blood glucose returns to normal after pregnancy, but women diagnosed with this type of diabetes are at significantly higher risk of developing type 2 diabetes later in life.

How long have I had type 1 diabetes?

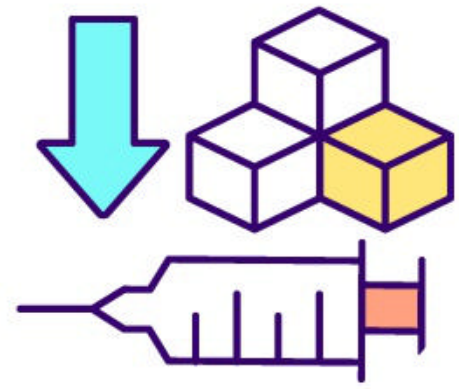
Just because you are older, that doesn't mean you have been walking around with diabetes for many years. In type 2 diabetes, the most common form of diabetes, blood glucose levels tend to climb slowly and people develop very subtle symptoms over time. People may not notice these subtle symptoms, so they can have high blood glucose levels for many years before type 2 diabetes is diagnosed.

However, in type 1 diabetes, your immune system rapidly destroys your beta cells, so your blood glucose level is likely to rise much more quickly. This rapid rise produces obvious signs and symptoms, such as significant weight loss, fatigue, excessive thirst, and frequent urination. As a result, your type 1 diabetes is unlikely to go undiagnosed for long.

Why do I have it when no one else in my family does?

While the siblings and children of people with type 1 diabetes have a slightly increased risk of developing it themselves, most people who develop type 1 diabetes have no family history of the disease. There are known genetic links to type 1, but having these genes doesn't mean you will definitely develop the condition. It's important to note that whilst genes can play a role in type 1, they're not the whole story.

Researchers believe that your environment – starting all the way back to when you were in utero – can also influence your

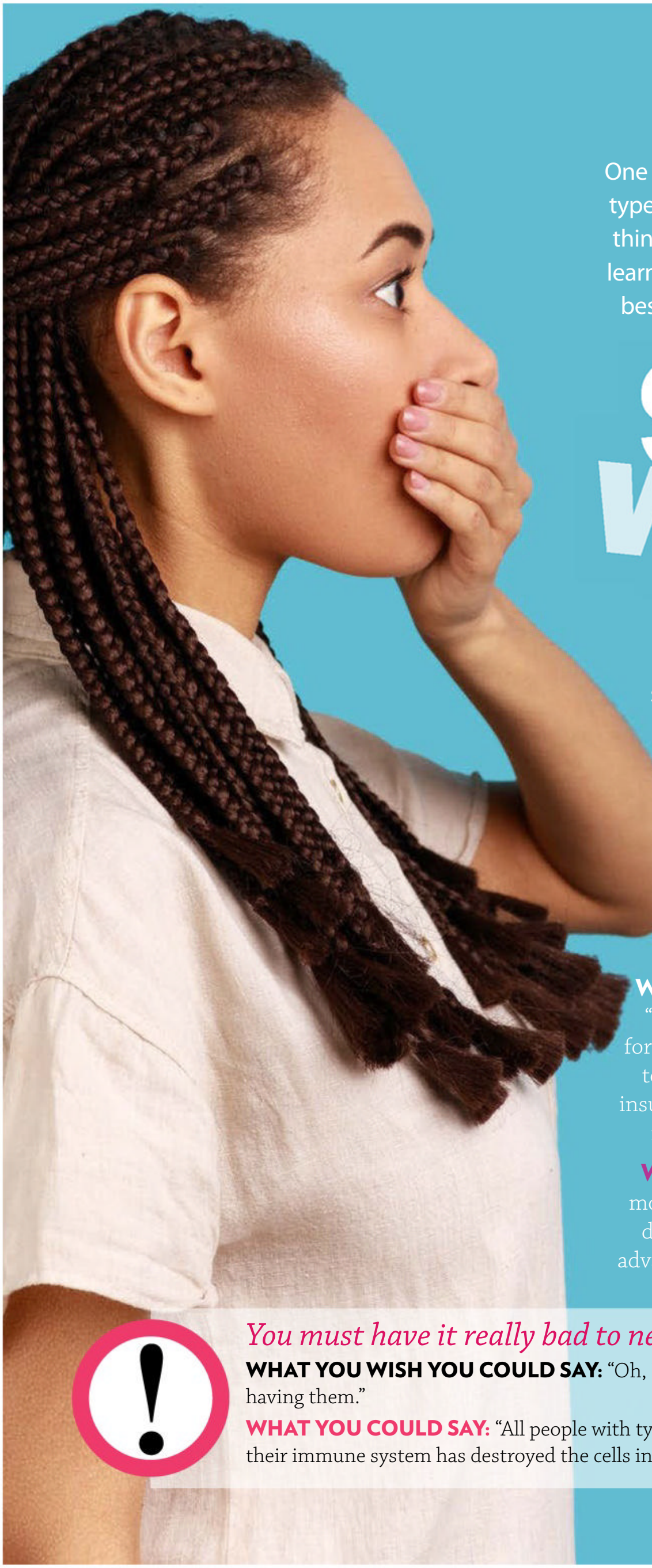


risk. There are a number of research groups around the world who are currently looking into this.

How is type 1 different from other types of diabetes?

Diabetes mellitus is the medical name given to a group of conditions in which people have too much glucose in their blood. Glucose comes from the food we eat, and is the major source of energy for the body. After we eat, our body breaks food down into glucose and other nutrients, which are then absorbed into the bloodstream from the gastrointestinal tract. The glucose level in the blood rises after a meal, which triggers the pancreas to make insulin and release it into the bloodstream.

Insulin works like a key that opens the door to cells and allows the glucose in. In diabetes, the pancreas is unable to produce sufficient amounts of insulin. Without insulin, glucose is unable to get into the cells, so it stays in the bloodstream. As a result, the level of blood glucose remains higher than normal. High blood glucose levels create a number of symptoms and health problems with time. There are three major types of diabetes: type 1, type 2, and gestational diabetes. All types of diabetes cause blood glucose levels to be higher than normal. However, they do this in different ways.



One thing nobody warns you about with type 1 diabetes is the ignorant and rude things people can say or ask when they learn you're living with the condition. It's best to be prepared, so here are some

SAY WHAT?

ideas of what people might say and suggestions about what you should – and probably shouldn't – say in reply.

Do you have to inject in public?

WHAT YOU WISH YOU COULD SAY: "I'm sorry it offends you so much being forced to stare at what I have to do each day to stay alive. Why don't I take my sterile insulin pen into the filthy toilet and have my injection there for your convenience?"

WHAT YOU COULD SAY: "This is the most practical and hygienic place for me to do this. If you prefer, I'll let you know in advance so you can look away for a moment."

You must have it really bad to need injections

WHAT YOU WISH YOU COULD SAY: "Oh, I don't really need injections, I just enjoy having them."

WHAT YOU COULD SAY: "All people with type 1 diabetes have to inject insulin because their immune system has destroyed the cells in their pancreas which produce it."

My aunt had type 1 diabetes but she cured herself

WHAT YOU WISH YOU COULD SAY: "As there's currently no known cure for type 1 diabetes, I'm surprised I missed the edition of *Time* magazine when your aunt made it to the front page for her miraculous recovery. It's odd I've never heard of the company that even now must surely be bringing her miracle cure to market."

WHAT YOU COULD SAY: "Type 1 diabetes is an autoimmune disease not connected to diet or lifestyle and has no cure yet. It sounds like your aunt had type 2 diabetes, a different form of diabetes that's often found in older people and which can often be controlled by changes to diet and lifestyle."

Aren't you too old to have type 1 diabetes?

WHAT YOU WISH YOU COULD SAY: "It's funny you should say that, because all this happened a day after I started using one of those creams that make you look years younger."

WHAT YOU COULD SAY: "Not at all. Around eight Australians are diagnosed with type 1 diabetes every day, and half of them are adults."

You must have eaten a lot of sugar when you were little

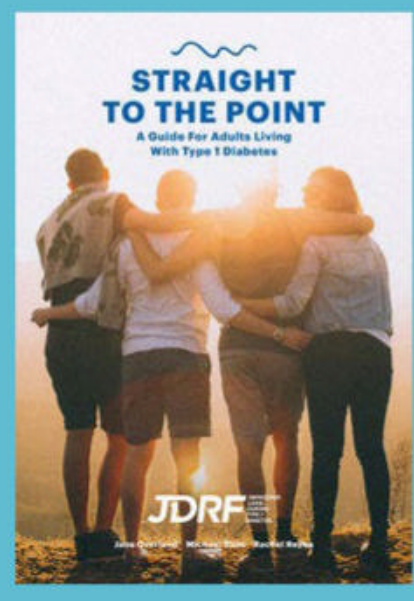
WHAT YOU WISH YOU COULD SAY: "You must have swallowed a lot of unreliable information when you were little."

WHAT YOU COULD SAY: "The type of diabetes I have is called type 1 diabetes. It is caused by the immune system attacking the insulin-producing cells in the pancreas. It's not caused by diet or lifestyle. Type 2 diabetes is the one that's sometimes caused by diet or lifestyle."

Should you be eating that Tim Tam?

WHAT YOU WISH YOU COULD SAY: "Eating this Tim Tam is nowhere near as dangerous to me as being mistaken for the food police is to you."

WHAT YOU COULD SAY: "When I eat a Tim Tam, all I need to do is take a little bit of extra insulin to cover the carbs. People with type 1 diabetes eat Tim Tams for the same reason other people do, the only difference is that we add the insulin manually. All things in moderation."



Straight to the Point is a free guide for adults living with T1D and you can download it here jdrf.news/STTP

PHOTOGRAPHY & ILLUSTRATIONS: GETTY IMAGES

JEREMY MORRIS, TYPE 1

my story

"I can run a pretty tight ship without having to do a whole lot"

After living with type 1 diabetes for two decades, 30-year-old Jeremy Morris feels like the future looks brighter – and healthier – than ever, thanks largely to technology. He shares his journey and what he, and his family, have learned along the way.

I was about 14 when I got my first insulin pump. It was 2007 and by then, I'd been living with diabetes for five years. Because I was playing so much sport, when my doctor suggested I should go on the pump my first reaction was, 'I can't – that's not going to suit my lifestyle'. And he said 'well, what you're doing at the moment isn't suiting your lifestyle, either'. That quote really resonated with me and has lived inside my head, rent free, ever since.

"The thing was, while learning to inject myself as a nine-year-old was a big deal, I'm the type of person that, if there's logic behind it, I'm all for it. I needed insulin injections to keep me alive. I understood the concept. But there were other aspects of my diabetes, like finger pricking to check my blood sugar levels, that definitely took a lot longer for me to really understand their significance.

"That first pump was the pinnacle of diabetes technology at the time, and it gave me freedom because I felt like I could finally be more relaxed about what I ate. Should I have eaten the lollies and drunk the Coke? Probably not, but I also knew that technically, with the help of the pump, I could, which as a teenager was great.

"But there were definitely drawbacks, too. I loved surfing as a kid, but while my friends could just walk down to the beach with a towel, I always had to take a backpack, with my pump and all sorts of other stuff in there. One day the backpack got stolen while we were surfing and there was a pretty funny story written up about it in the local paper.

"Luckily, considering how much pumps cost, the people who took the bag went through it and threw my insulin pump over a fence at a nearby caravan park. We got it back 12 hours later after a lot of searching, but that really reinforced the fact that I was never going to be able to just rock up somewhere without a lot of medical gear."

One less thing to carry

"I met Tayla, who's now my wife, in 2013 and as cliché as it sounds, that's when I went through that transition from being an invincible teenager to really making that connection

JEREMY & TAYLA NOW LEAD A VERY ACTIVE LIFE THANKS TO CGM AND A PUMP

as a young adult of 'well, if I'm going to be around for myself and my family for years and years to come, I'm going to have to start putting the work in and taking my diabetes management seriously'.

"I started using continuous glucose monitoring in 2015, and if I thought I'd made a big step forward with the pump, this was an even bigger step. It was ground breaking and has really helped push my diabetes to the back of my mind, particularly when I'm doing something active, like snowboarding, which is one of my favourite things to do. Being able to enjoy that without having to stop and do finger-prick tests at the bottom of a run is just... freedom.

"I'm currently using the Dexcom G6 and the alarms and alerts it provides, in combination with how well it communicates with my latest pump, is amazing. In my opinion, the control I've been able to achieve is as close as you can currently get to not having diabetes.

"The other thing is that my diabetes management affects more than just me. Other people, like my mum and Tayla, are like second-hand controllers and are almost more invested in it than me somehow.

"The G6 allows you to have up to five followers, so for them to be able to see those readings and alerts come through their phone takes a weight off them. I know it definitely helps them mentally, as well."

The future looks bright

"These days my diabetes is really, really good. I can run a pretty tight ship without having to do a whole lot, which is super exciting.

"It's interesting to remember that I went through those periods of teenage rebellion with my diabetes, I guess because I refused to believe what it meant and just kind of tried to pretend it wasn't there a lot of the time. Some people might say I still like to rebel against things, but it's never about my diabetes anymore, which is cool.

"Now, I always say that if I had to pick any condition to live with, I'd still pick diabetes, which is something I don't think I'd have said 20 years ago.

"I've been really lucky with my type 1 – it's never stopped me from doing anything and I've met some of my best friends thanks to diabetes.

"If you told me you had a cure for me, sure, I'd probably accept it but I don't know that I'd change anything if I could go back in time because my diabetes has 100 per cent made me who I am."

WORDS KAREN KITTALL

Your PUZZLES

Grab a cuppa and a comfy chair – it's time to put your brainpower to the test.

CODE CRACKER

Each number in the grid represents a different letter of the alphabet and it's your task to decode them all. We have given you three letters to start you on your way, so you can see that S=3, C=7, and M=8. You can record each letter as you work it out in the letter checker at the bottom of the grid.

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1	2	3 S	4	5	6	7 C	8 M	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

CHUNKY CROSSWORD

Sharpen your pencil and show what you know. *For solutions, see page 127.*

ACROSS

11 Italian Renaissance artist (12)
12 Mirage (8)
13 Fall forward (6)
14 Jakarta's country (9)
15 Auras (4)
16 Egg-beating utensil (5)
18 Strive (9)
20 Dental ---, item used for cleaning between the teeth (5)
23 Intergalactic vessel (8)
24 Voting stall (7,5)
26 At long last (10)
28 Small heron (5)
30 --- McGregor, Obi-Wan Kenobi actor (4)
31 Reason to scratch (4)
32 Fable writer (5)
34 Depict with pictures or drawings (10)
35 Amicableness (12)
37 Bermuda ---, mysterious region in the Atlantic Ocean (8)
39 Garden statue (5)
41 Artificial, synthetic (9)
42 Skewered meat (5)
45 Grain husk (4)
46 Requiring much exertion (9)
48 Person prepared to sacrifice themself for a cause (6)
50 Part-song for a small choir (8)
51 Private (12)

DOWN

1 Rebounding bullet (8)
2 Cut of lamb or pork (4)
3 Mary-Kate and Ashley ---, *Full House twins* (5)
4 Capital of Indiana (12)
5 Repair (4)
6 North Queensland seaport city (10)
7 Central US state (8)
8 Garment tuck (5)
9 Tel Aviv's country (6)
10 Passage between Australia and New Guinea (6,6)
17 Hair elastic (9)
19 Bare (5)
21 Hundreds and ---, sprinkles (9)
22 Selfish (9)
25 Of zoos with large areas for animals to roam (4-5)
27 Animal doctor (12)
29 Emotional bond between people (12)
33 Caribbean island (6,4)
34 Piece put in (5)
36 Motionless (8)
38 366 days (4,4)
40 Fertiliser (6)
43 Funeral oration (5)
44 Drive forward (5)
47 Pig noise (4)
49 --- Rendell, crime fiction author (4)

							3	
	7		5			8		
6		3	9	8			2	1
	6			4	9		5	
		8			5			4
				2		7		
	5							6
9				1				
	2		4					

SUDOKU

Place the numbers 1-9 in each horizontal and vertical line, noting each number can only appear once in each of the nine 3 x 3 squares.

Code Cracker

O	B	E	Y	E	D	■	A	P	P	L	A	U	D	■	C	A	B	L	E	S
■	A	■	E	■	O	■	B	■	R	■	L	■	I	■	O	■	A	■	A	■
M	Y	N	A	■	C	A	S	T	E	■	P	A	G	A	N	■	N	A	R	K
■	O	■	R	■	K	■	C	■	D	■	H	■	N	■	T	■	J	■	T	■
Q	U	I	N	O	A	■	O	R	I	G	A	M	I	■	E	P	O	C	H	S
■	■	C	■	■	G	U	N	■	C	■	■	■	F	O	X	■	■	■	W	■
S	C	Y	T	H	E	■	D	I	T	H	E	R	Y	■	T	A	B	O	O	S
■	O	■	U	■	■	■	■	■	E	■	M	■	■	■	■	■	A	■	R	■
E	N	A	B	L	E	■	E	D	D	Y	I	N	G	■	A	S	T	H	M	A
■	Q	■	■	■	L	I	P	■	■	■	G	■	L	I	D	■	■	I	■	■
J	U	N	G	L	E	■	I	M	M	E	R	S	E	■	J	I	G	S	A	W
■	E	■	E	■	G	■	C	■	U	■	A	■	A	■	U	■	A	■	M	■
G	R	A	N	■	A	B	U	T	S	■	N	A	M	E	S	■	Z	I	P	S
■	E	■	R	■	N	■	R	■	I	■	T	■	E	■	T	■	E	■	L	■
A	D	V	E	N	T	■	E	X	C	U	S	E	D	■	S	A	S	H	E	S

1	2	3	4	5	6	7	8	9	10	11	12	13
X	B	S	G	I	F	C	M	Y	W	R	P	O
14	15	16	17	18	19	20	21	22	23	24	25	26
Q	A	U	Z	H	K	T	V	L	E	D	N	J

Sudoku

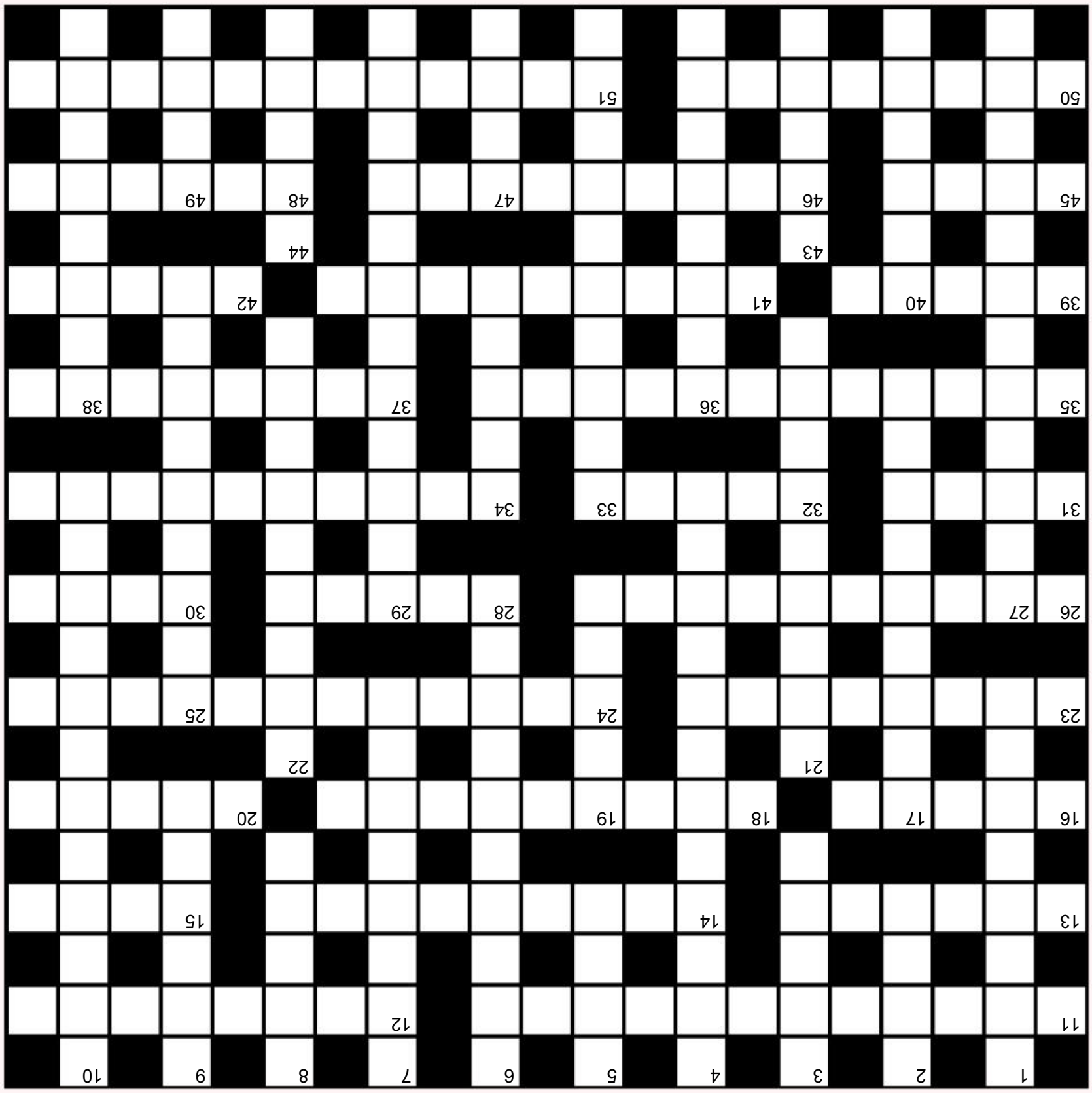
5	8	9	2	6	1	4	3	7
1	7	2	5	3	4	8	6	9
6	4	3	9	8	7	5	2	1
3	6	7	8	4	9	1	5	2
2	1	8	3	7	5	6	9	4
4	9	5	1	2	6	7	8	3
8	5	1	7	9	2	3	4	6
9	3	4	6	1	8	2	7	5
7	2	6	4	5	3	9	1	8

Crossword

Across: **11** Michelangelo, **12** Illusion, **13** Topple, **14** Indonesia, **15** Airs, **16** Whisk, **18** Endeavour, **20** Floss, **23** Starship, **24** Polling Booth, **26** Eventually, **28** Egret, **30** Ewan, **31** Itch, **32** Aesop, **34** Illustrate, **35** Friendliness, **37** Triangle, **39** Gnome, **41** Imitation, **42** Kebab, **45** Bran, **46** Laborious, **48** Martyr, **50** Madrigal, **51** Confidential.

Down: **1** Ricochet, **2** Chop, **3** Olsen, **4** Indianapolis, **5** Mend, **6** Townsville, **7** Missouri, **8** Pleat, **9** Israel, **10** Torres Strait, **17** Scrunchie, **19** Empty, **21** Thousands, **22** Egotistic, **25** Open-Range, **27** Veterinarian, **29** Relationship, **33** Puerto Rico, **34** Inset, **36** Immobile, **38** Leap Year, **40** Manure, **43** Elegy, **44** Impel, **47** Oink, **49** Ruth.

Turn upside down for puzzle solutions



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79 Raspberry lattice tart

84 Strawberry flummery

KEY Freezable · Gluten free · Gluten-free option · Vegetarian · Lower carb · Lower-carb option

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

LOWER-CARB OPTION When possible we will provide an ingredient substitution from the main recipe to reduce the carbs to less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert.

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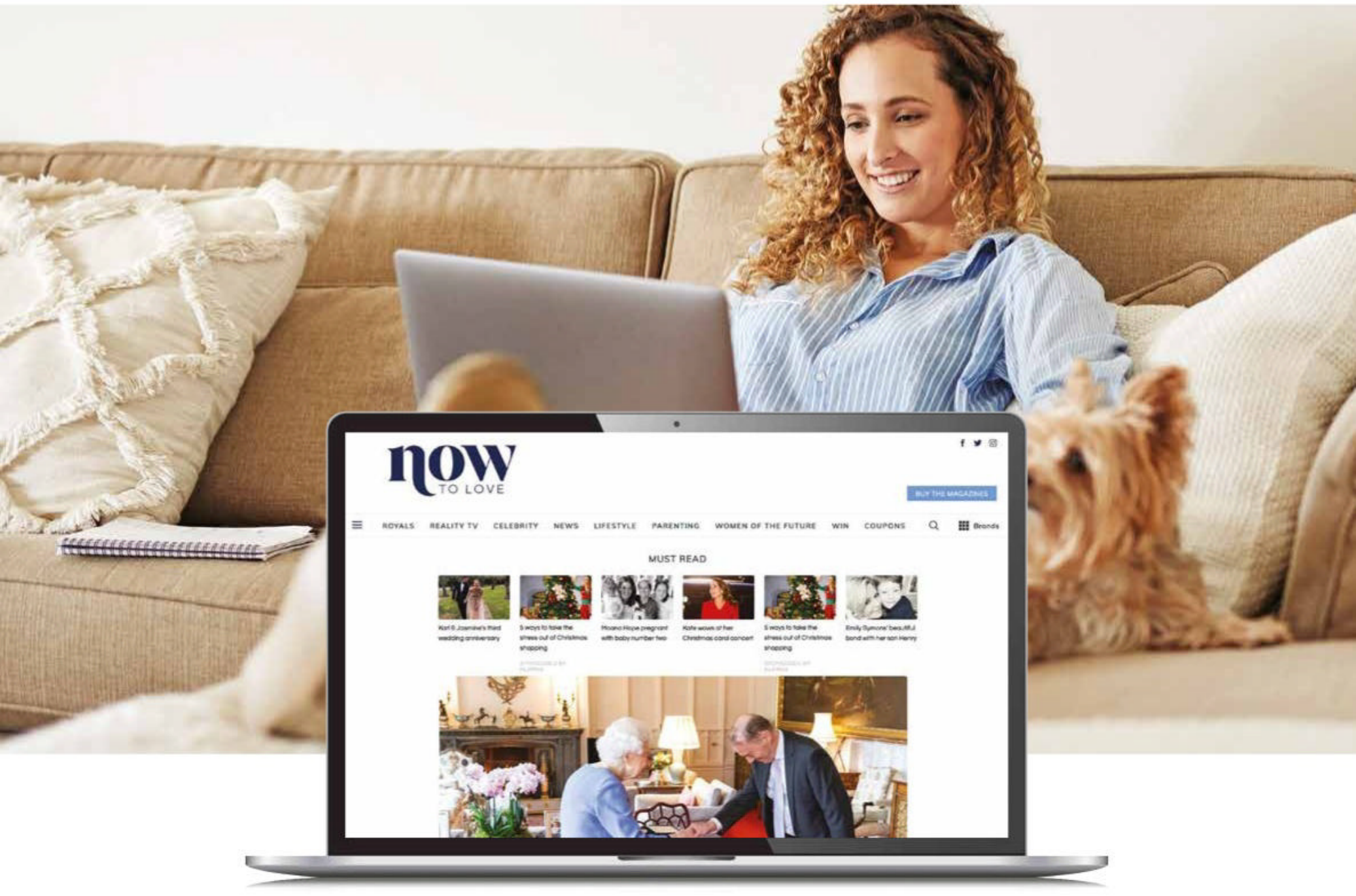

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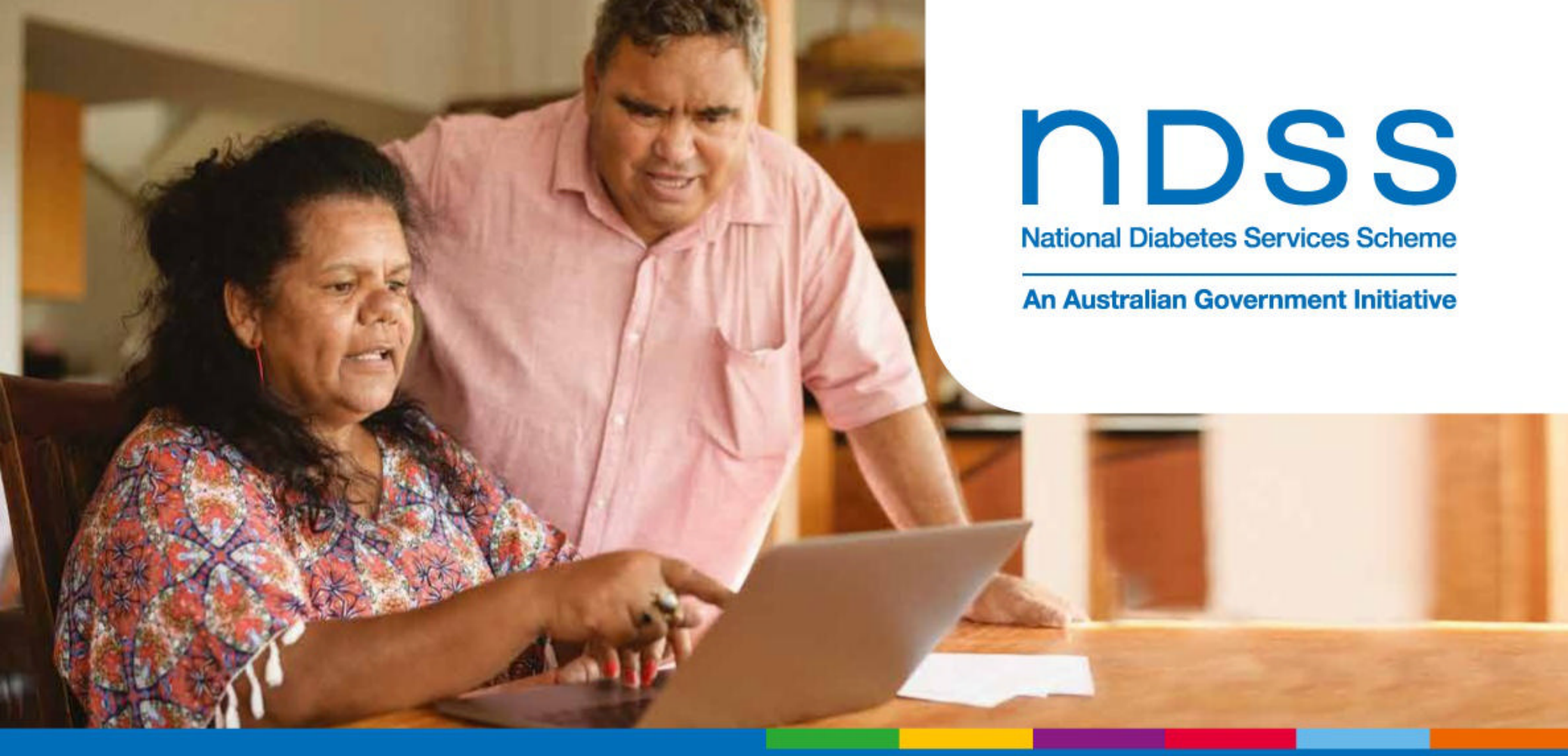

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